



September 2019

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## Director's Note



**COMING SOON**

Most of you might have heard already that we have been approved for an additional court, additional parking, and new equipment for the Fitness Room upstairs. I wanted to give you some updates on all 3 areas.

Fitness Room is moving along as we had put out a Request For Proposal (RFP) at the beginning of August and have already had two pre-proposal conferences. The next thing in line for this is getting the proposals from the companies, which are due August 28 at 2:00pm. Once we have viewed the proposals and discussed them we will pick which ones to accept. We are hopeful that we can get this done quickly so that we can try to have equipment in before the New Year.

Parking lot expansion should start soon also. The expansion will about double the current size of our parking lot. The reason for this expansion is that it is needed and the new court will extend out to the current parking lot taking up some of the space.

The third court addition is still getting everything finalized and plans to break ground after the youth basketball season, which should be sometime in March. This is needed due to the increase in youth sports numbers. With the addition of the third court it is in hopes to not have to cap youth sports numbers. We are also hoping that we will be able to start adult programs back too with the addition of the third court.

If you have any questions about any of the three projects please either ask or email me at [pbecker@cityofclemson.org](mailto:pbecker@cityofclemson.org).

Thank you,

Pete Becker



## Fitness Class News

As summer will be soon coming to an end, we hope you have had an enjoyable one! Many of you have been traveling and may have gotten out of your usual fitness routine. Now is a great time to recommit and resume attending your favorite classes, as well as try some you have not yet experienced. We are excited about our fall schedule! While most classes have not changed, we have made some adjustments within the last couple of months, including adding an additional class. Please pick up a new schedule across from the front desk or check it out on our website.

### **4:15 PM PM RaisedBarre®**

One very exciting announcement is instructor, Betsy Cook, has returned from her summer internship and is now leading RaisedBarre® at 4:15 PM on Thursday's! It is off to a great start!

### **What? Another 4:15 PM class?**

Yep! Beginning Tuesday, September 3<sup>rd</sup>, CCRC will be adding another 4:15 PM class. This class will also be taught by Betsy Cook. It will be "Instructor's Choice". This means that each week you will experience various types of workouts that will give you a more well-rounded fitness experience as you will perform weight training, cardio exercises, Pilates and more!



### **Welcome!**

Sue Shiel is a new instructor to CCRC. She will be a sub for all types of water classes. We are so happy she came along and are excited to have her as part of our team!

### **Pam's Pointers!**

We have just begun a series of videos that will be shared on CCRC's Facebook page as well as our website. All of us can improve and possibly learn something new. These videos are meant to better educate us on how to perform exercises safely and effectively. Some of you may believe that since you've been in classes for many years, you're positive you've got it down. Whether you need to retrain yourself or just tweak it a bit, it will certainly be helpful to watch and at least make sure you are doing the exercise correctly.

We will also be featuring personal trainers who will be very helpful. Their knowledge and experience makes them experts in understanding the body and how it works. Also, other instructors will share information regarding classes they teach and why you may want to consider participating. These videos are being created just for you! It is our goal to ensure that your fitness class experience enhances your life in every way!

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# Time to tailgate

OH YES! It is football season once again. This means football parties and tons of tailgating, which of course means plenty of food! There were so many great options we could not pick just one. And the best part, these recipes will please your taste buds and your waistline.

## Turkey Chili

Incredible, perfectly spiced healthy turkey chili made with plenty of spices, kidney beans, tomat-



atoes, onion and corn. This version is simply the BEST!

### Ingredients

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

### Instructions

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
2. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.



Makes 6 servings, about 1 1/2 cups each.

See the Full recipe [HERE!](#)

We also recommend the [Buffalo Chicken Fries](#) and the [Red Pepper Crab Dip](#)



# CCRC After School Care

CCRC After School Care is back underway and we are having a blast. We still have a few spots available and would love to have your little one join in on the fun. We accept kindergarten to 5th grade, with transportation available from Clemson Elementary, Central Academy of the Arts and Chastain Road Elementary. If you have questions or would like to schedule a visit please feel free to email or call me any time. Ready to Register? Just visit our website to complete the registration form and I will contact you with further details.

## Meet the Staff



### **Meredith Ebenhack, Site Director**

Hello! My name is Meredith Ebenhack. I am the Membership coordinator and After School Care Site Director for the Central-Clemson Recreation Center. Working with the families of CCRC ASC was such a joy last year and I am looking forward to another fantastic season!

### **Kirsten Craft, Ass. Site Director**

My name is Kirsten Craft and I am so excited about my second year back with CCRC ASC. I am looking forward to seeing all of our kiddos again & having a fun school year (with lots of learning of course)! I live in Central with my three kiddos: Decklen (8), Reagan (4), and Graham (2), and I also teach fitness classes for the rec center while I am not working with ASC.



### **Cory Norris, Counselor**

My name is Corey Norris and I am returning for a second year of CCRC After School Care. I'm a student at Southern Wesleyan University, where I am studying Early Childhood and Family Studies. I am from Clemson, SC and enjoy hanging out with friends and going to Clemson sporting events.

### **Andrew Peterson, Counselor**

My name is Andrew Peterson and I am a junior at Clemson University. I am from Lake Wylie, South Carolina and have also spent time living in Australia. I am a huge sports fanatic and also love to travel. I have experience looking after many kids of different ages and backgrounds at various camps. I am excited about this year and look forward to meeting all of you!



### **Spencer Westcott, Counselor**

Hi! I'm Spencer and I'm a rising Junior at Clemson University studying Psychology and Human Resource Management. I love working with children and I am super excited for a great year with CCRC After School Care!

Thank You,  
Meredith Ebenhack  
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mebenhack@cityofclemson.org



# SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>The pools are busy this month so be sure to take a look at our pool schedule.</p> <p>We are closed for every Saturday Clemson home football game.</p>						1
2 CLOSED for Labor Day	3 Courts Closed for consignment sale		5	6	7 Courts Closed For consignment sale  CLOSED Clemson Home Football Game	8 Courts Closed for floor refinishing
9	10  Free weight room orientation at 9am	11	12	13 Courts Closed for floor refinishing	14 Rain site for Day of Play	15
16	17	18	19	20	21 CLOSED Clemson Home Football Game	22
23 Fall Equinox First Day of Fall	24	25	26	27	28	29
30	<p>Please note that this calendar is not all inclusive. For a more detailed calendar please follow the provided links:</p> <p><a href="#">POOL SCHEDULE</a>    <a href="#">EVENTS SCHEDULE</a>    <a href="#">FITNESS SCHEDULE</a></p>					



# The Benefits of Fitness Classes!

Not in the habit of attending fitness classes? Here are 5 reasons why people take part in fitness classes:

**Expert guidance with no guesswork** - Instructors are certified and proficient in creating an enjoyable and effective workout in a group fitness environment.

**Accountability to create a workout routine** – Commit to planning ahead! Set your schedule around your workout. Perhaps you should choose your classes for the week, write them down and check them off when you have followed through. It will serve to hold you accountable and give you a great sense of accomplishment! **Tip:** Before heading to work, throw your bag in the car. Right after work, head straight for the gym.

**Social support and so much more** – Group fitness exudes positivity! You will love being part of a group and enjoy the camaraderie of other participants who share the same goals! You will feel welcome as you come together for an all-inclusive experience with people of all ages, backgrounds, and abilities with no judgment or expectations.

**Explore movement in a different way** - Stuck in a rut? Group fitness will add variety to your routine. Each class will be somewhat different from the last and in attending various types of classes, you will receive a well-rounded workout throughout your week.

**Fitness and fun rolled into one** - One of the most common reasons people choose to attend group fitness classes is because it's fun! An enjoyable experience is likely to be your biggest motivating factor in sticking with a regular routine of physical activity. The second biggest reason is when you begin to see positive changes within yourself!

So, please consider attending. You may just get hooked!

Best of health,

Pam Jennings, Fitness Classes Coordinator



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