

HOLIDAY HOURS

December 24th
& 25th-
CLOSED ALL
DAY

December 31st
Closed at
5:00pm

January 1st-
CLOSED ALL
DAY

INSIDE THIS ISSUE:

December 2
Fitness

Calendar 3

Nickie's Tips 4

CCRC After 5
School Care

Santa Snacks, 6
JDRF Fundraiser
& Gift ideas

Youth 7
Basketball

CCRC NEWSFLASH

DECEMBER 2018

Try It Before You Buy It!



CENTRAL-CLEMSON
RECREATION CENTER

864.624.1138

one week

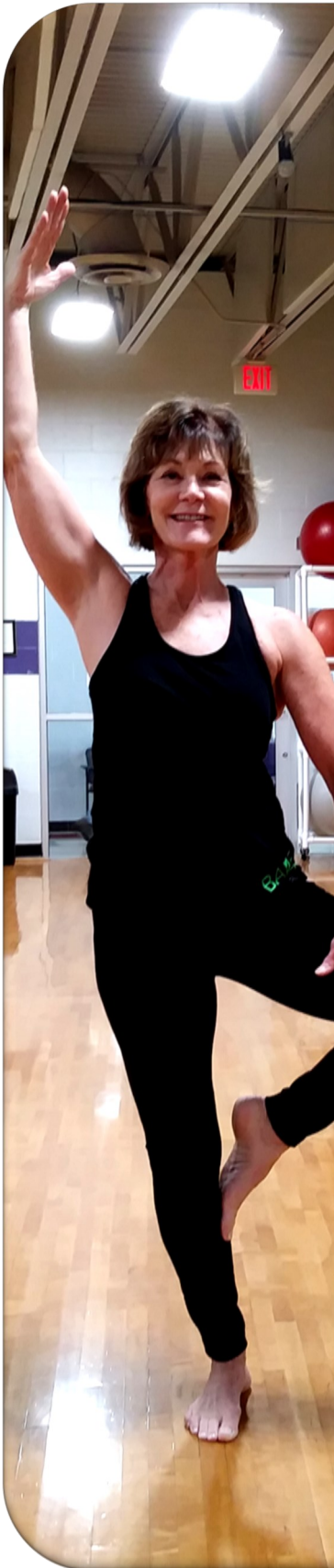
FREE TRIAL

membership

ENJOY A FREE ONE WEEK MEMBERSHIP, DEC. 16TH-22ND AND JAN. 6TH-12TH.
INDIVIDUALS MAY PARTICIPATE IN BOTH WEEKS.

No Money Down * No Commitment * Full Access

*Only valid for non-members * Yoga is \$3 per class * You must be 15 years or older and present a valid ID to use the facility without a parent or guardian present.*



December Fitness

Where has the time gone? We are in our last month of 2018 but have already gotten a jumpstart on 2019! We're shaking things up, especially for our noon participants! Just this week we began implementing four new, exciting classes! We added *Barre above®* on Tuesdays at 8:00 AM and 12:10 PM. *This workout is highly sought after around the country and we are proud to be offering it to you! Note that an additional 10 minutes will be tagged onto the end of class for some much needed deep tissue stretching. Trust me, you will feel fabulous!*

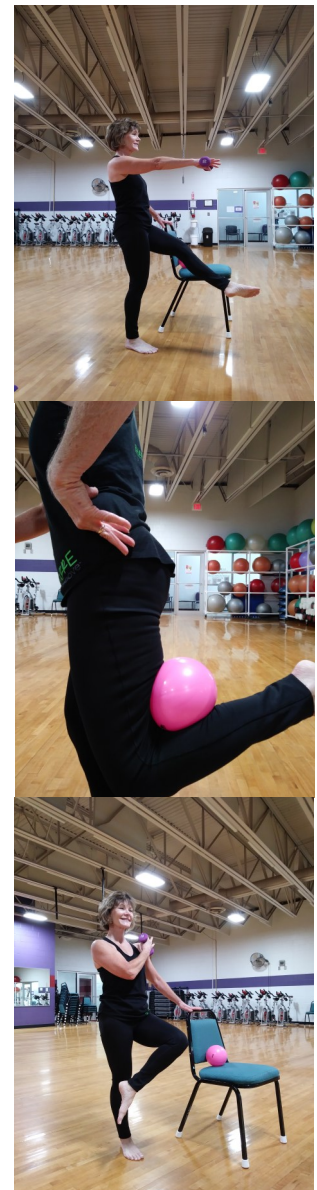
We have also revamped our noon schedule for Wednesday, Thursday and Friday.

Kellie Williams will be leading Wednesday's Total Body Toning and Thursday's Core Combat. Wednesday's class will focus strictly on weight training so expect to work EVERY SINGLE MUS-

CLE! Thursday's Core Combat will tone abdominal muscles through challenging floor work and fun cardio exercises that will burn the fat off around your middle so you can see those beautifully sculpted abs!

Last, but not least, is Friday's noon Tabata with Trai. You will be so proud of yourself for getting in that last workout before the weekend and ready to take on the world! "What is Tabata?" you may ask. It is a timed workout that shifts between intervals of cardio and weight training. Trai has been leading Wednesday evening's Tabata every other week for at least a year and EVERYONE LOVES THAT CLASS! So, mid-day participants, we're bringing it to you! By the way, all of you who have loved the Ride portion of Get Ripped and Ride, you will not be disappointed be-

cause class will continue to begin with a good 15 minutes or so of a heart-pumping, cardio burn on the bike. Continued on Page 7...



December 201

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 FREE WEEK STARTS
17	18	19	20	21	22 FREE WEEK ENDS	23
24 CLOSED No Fitness Classes	25 CLOSED Christmas	26	27	28	29	30
31 CLOSED @ 5PM No Fitness Classes	1 CLOSED New Years	2	3	4	5	6

See a more detailed schedule of CCRC events and happening at our [website](#) or follow these links:

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)

Nickie's Quick Tips



Nickie Mueller, CCRC
Personal Training Coordinator
nickiemccrc@outlook.com

Last month focused on what to eat before your workout.

This month is ***What to eat after your workout...***

Eating after your workout is all about replacing the calories you used up. It's important to replenish the glycogen that has been depleted during your exercise. Also, eating protein after a workout is a must for a speedy muscle recovery, particularly

after weight training.

When you don't eat after a workout, you can end up with fatigue and low blood sugar. It also takes a toll on your body's repair process. If you skip eating after a workout, it's harder to reach your fitness goals.

1. Make sure to eat something soon.

Especially if you just worked out really hard, your body has just used up the energy it needs to function at max capacity.

2. Refuel with carbs and protein.

Remember, you've blown through that glycogen and broken down your muscles. So your post-workout meal should be high in complex carbohydrates and loaded with healthy protein.

Examples of Complex carbohydrates and health proteins:

Quinoa, brown rice, whole wheat bread, nuts, tofu
Beans, fish, boneless skinless chicken breast

4. Rehydrate ASAP.

Replenishing the fluids you lost while

working out as soon as you can is even more important than eating right away. After your workout, drink 16 ounces of fluid for every pound you've lost. Again, do what feels right for your body.

Here are a few post-workout snack and meal ideas:

Snacks:

- 1 cup of chocolate milk
- 1 slice of whole wheat toast with 1 tablespoon of peanut butter and ½ sliced banana
- 2 graham crackers with a tablespoon of peanut butter
- 1 to 2 hardboiled eggs with a slice of whole wheat toast

Meals:

- A 7-inch round whole wheat pita stuffed with grilled veggies and 2 tablespoons hummus
- A protein-rich green smoothie
- Veggie omelet with avocado and ½ cup of roasted potatoes
- 4 ounces of steamed trout with a baked sweet potato and sautéed spinach

These are just some examples. With these guidelines you can be creative and come up with your own healthy snacks and meal ideas.

Nickie Mueller Says...

LET'S GO GREEN

We are excited to announce that Nickie Mueller, our very own personal training coordinator, is now a **certified green living coach**.

FOR MORE INFORMATION, CONTACT NICKIE MUELLER AT [NICKIEMCCRC@OUTLOOK.COM](mailto:nickiemccrc@outlook.com)

CCRC After School Care



PAGE 5

What a Month we have had at CCRC After School Care. What did we do this past month you ask, well...



We snuggled up with the City of Clemson Police Department's canines.



We gave back with a food drive for Clemson Community Care.



We jumped into the pool for a swim.



We stayed healthy with apple snacks from Wendy's.



We chowed down on our very own hand made pizza with Your Pie pizza dough and Rice Krispy treats.



We got inspired learning about recycling.



We kicked back with a movie, ice cream and popcorn.



We got fit with Pam Jennings during our exciting exercise day.



We turned on our inspiration at Lego Story Time courtesy of the Central-Clemson Library!

Give the Gift of Health and Wellness



Health and wellness is a gift that really shows how much you care. Looking for a special gift for your fitness loving friend or family member? How

about a CCRC Membership. Month and year membership options are available to suit any budget. Call or stop by to learn more.

3rd annual JDRF fundraiser results!

First, thanks to all who participated in the fitness marathon and donated funds to JDRF (Juvenile Diabetes Research Foundation)! Donations totaled \$625! Also, we extend a great, big thank you to all the instructors who volunteered their time in leading various workouts! It was a great time for an even better cause

“We raised \$625.00 this year, lets go for double next year”

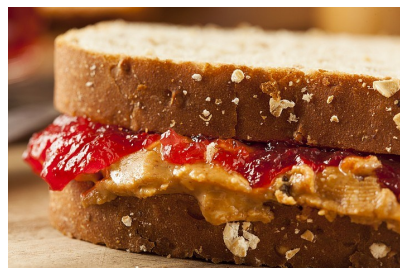
Pam Jennings

Santa's Snacks!

While we all know that Santa LOVES cookies, I mean who does not?, by the time he is done on Christmas eve he will have eaten millions of cookies. That would give the strongest of constitutions a tummy ache. So, we suggest you and your little ones think outside the box this year and help Santa Claus stay energized, healthy and up to the task of delivering all those gifts!

1. Sandwich

PB&J, Ham & Cheese, Chicken Salad, Cucumber and Hummus, you name it Santa will be sure to love a meal of a snack!



2. Veggies

Dice up those carrots, celery, broccoli and more with a little of Santa's favorite dressing on the side! Just be sure to leave some whole carrots for the reindeer.

1. Hearty Muffins

What better way to refuel than with whole grains, fruits and nuts. If you have the time we recommend this [RECIPE](#), yum!

Youth Basketball

Youth Basketball season is underway. This is a wonderful time of year for hundreds of boys and girls in our community. In order to accommodate this seasonal influx please keep the following things in mind.

Members: The parking lot will be extra busy most evenings and some weekends. There is additional parking at the Central Community Building.

Participants: Unless you are a member or purchase a day pass, you may only use the

facility during team scheduled practice times.

All children must be 15 years or older to be in the facility unattended.

Thank you, CCRC Staff

CCRC Fitness Cont...

If you are a water buff, then we have a change in store for you, as well. First of all, we want to thank Kellie Williams for stepping in to teach both 9:00 Deep Water and 10:00 Senior Functional Fitness classes on Tuesdays and Thursdays when we were greatly in need of an instructor! Now, Kellie will be moving on in pursuit of working more in her realm of expertise as a

personal trainer. Kellie will continue to instruct 9:00 Deep Water and a new instructor will be stepping in shortly to take over Senior Functional Fitness at 10:00. For the remainder of December, Pam Jennings will be leading the class.

Yoga returns! Saturday yoga with Kayla Goodman will resume on January 12th.



Yes, we've all got shopping to do and plans to make but let's not sacrifice our workouts! Set your priorities. Remember, taking care of yourself is your greatest gift to yourself!

Happy holidays!

Pam Jennings, Fitness Classes Coordinator

Central-Clemson
Recreation Center
130 Commons Way
Central SC 29630

Phone: 864-624-1138
Email
pbecker@cityofclemson.org
Website
www.centralclemsonrec.com
Follow us on Facebook

