



# Welcome Back Students

- 1) Keep the stress of the new semester at bay before it even starts! Did you know that regular exercise is one of the greatest stress relievers there is? Plus, at just \$80 per semester it is easy on your wallet too! Getting started is easy, all you need to do it...
- 2) Join
- 3) Come: Lift some weights, go for a run, take a swim, join a class, play some basketball & more
- 4) Reap the rewards: more energy, better sleep and a happier attitude and healthier body.

August 1st—December 31st: \$80.00 / per student

January 1st—May 31st: \$80.00 per student



## Inside this issue [2](#)

Meal Prepping.....	2
Calendar .....	3
Fitness .....	4
RaisedBarre .....	6
After School Care .....	7
Clemson Football .....	7

## Don't Forget

- CCRC After School Care Begins August 20th!
- August 30th @ 9am we will be holding a weight room orientation

## Meal Prepping

It's been a relaxing summer with plenty of time to enjoy cooking as a family. However, with school just around the corner it is about to get crazy and time is about to be short for most families! Often, this busy schedule means you are sacrificing healthy homemade meals for fast convenient ones. This is where meal prepping comes in, and no, it is not just for those diet buffs out there. With a little effort each week you can have the nutritious and delicious meals that your family deserves, for the whole week! Here is how you do it.

1. Set aside time for your prep each week and stick to it.
2. Invest in Lots of good tupperware, and reusable cling wrap, especially if you have a big family.
3. Plan, Plan Plan out your meals (breakfast lunch and dinner) for the week and write it down.
4. Go shopping, and don't forget your list!
5. Get Prepping!

We have included three of our favorite, breakfast, lunch and dinners, as well as recourses to find plenty more!



### Breakfast

This is the most important meal of the day right? No need to skimp or miss out all together when you can have it waiting for you when you wake up! Try these [Chocolate Chip Peanut Butter Banana Roll Ups](#). They are so tasty your kids won't even know they are healthy.

Find more breakfast prep meals [HERE](#).



### Lunch

Do you really want your child stuck with that funky cafeteria lunch or worse yet, for you to be tempted to eat out on your lunch break, No! We recommend the [Turkey Taco Lunch Bowls](#).

Find more Lunch prep meals [HERE](#).



### Dinner

You can still enjoy a healthy family meal together every evening, even if you just got home from a long day of work, followed by multiple sports, activities and errands! We think [Stuffed Eggplant, Peppers and Tomatoes](#) will be a family favorite!

Find more dinner prep meals [HERE](#).

# AUGUST 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Last Day of Camp Clemson	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 After School Care starts Back	21	22	23	24
25	26	27	28	29 Closed at 1:30pm for Clemson Home Game	30 Weigh Room Orientation 9:00am	31 Last yoga till December 6th

Please note that this calendar is not all inclusive. For a more detailed calendar please follow the provided links.

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

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)

## Fitness



What a summer we're having! Even with people taking their vacations, class participation has been fabulous! Veterans are dedicated and still going strong while new members have chosen to attend classes! At the beginning of summer, we made a few changes to our schedule and by all appearances, we made some really good decisions! Please check out our schedule on our website, [www.centralclemsonrec.com](http://www.centralclemsonrec.com) for the full listing of classes.

### 4:15 PM RaisedBarre

School teachers, moms, college students, and those with busy evening schedules have longed for a late afternoon class. CCRC is jumping on board! From coast to coast, Barre classes are booming! Though ballet inspired, this is not a dance class. The exercises are designed to strengthen core muscles, improve posture, balance, and more. You will develop shapely legs as you perform repetitive leg exercises and tone upper body muscles through the use of light weights. ***Please join us for the official launch of RaisedBarre on Thursday, August 15<sup>th</sup> at 4:15pm, with instructor, Betsy Cook.*** For sure, it will be a fun day!

### 6:20 PM Beat It

Beginning Wednesday, August 7<sup>th</sup>, we will be providing our evening participants with Beat It led by instructor, Kirsten Craft. Beat It promises a bigtime, cardio workout that includes lots of squats, lunges, and lateral, forwards, and backwards movements. Time will fly by during this dynamite 45 minute workout, as you perform easy to follow, fun, drumstick routines set to current, motivating music in a dark room setting with a colored lighting, club-like atmosphere!

### 12:00 PM Tabata

Crazy for some HIGH INTENSITY cardio but not loving the idea of an hour-long workout? Trai's Friday's noon Tabata class may just be the answer for you! If you are familiar with interval training, then you

may have heard of Tabata. This workout is a form of high intensity interval training designed to increase your heartrate to the max through 20 seconds of “give-it-all-you’ve-got” exercises followed by 10 seconds of rest. The reason this format works so well is because of the work-to-rest ratio which means, with little time to rest, your heartrate stays elevated causing a dramatic improvement for both cardio and muscular endurance! Not only will you become more fit, you will burn more calories both during and after your workout!

But, wait! There’s more! For those of you who enjoy **Ride**, there will be 15 minutes set aside after Tabata in order to provide you with an additional cardio burst!

*Though this class is described as “high intensity”, it is suitable for all fitness levels. As in all classes, you are encouraged to work within your personal capabilities.*

### Saturday Yoga

A big “thank you” goes out to Amy Saylor, Kathy Hunter, and Beth Ehlert for keeping our Saturday morning yoga classes going during Beth Davenport’s absence! As many of you know, *Saturday classes are canceled during Clemson’s football season*. The last class before our fall break will be Saturday, August 31<sup>st</sup>. Classes will resume Saturday, December 6<sup>th</sup>. Thank you all for your attendance!

**Speaking of Clemson Football**, the first game is Thursday, August 29<sup>th</sup>. Due to increased traffic and evening activities, we will close at 1:30pm and 5:30 Step and 6:20 RaisedBarre will be canceled.

### Leanna Garrison

By now, most of you know that our beloved instructor, Leanna Garrison, has moved on after 17 years of service at CCRC. She taught many types of classes over the years and has been a vital and valued member of our team! Leanna always came prepared, going above and beyond, delivering jam-packed, energetic workouts for her class participants! Her magnetic personality and sincere passion for fitness was evident. She was committed to changing people’s lives for the better and made it known to each and every participant that they were welcome, important, and appreciated!

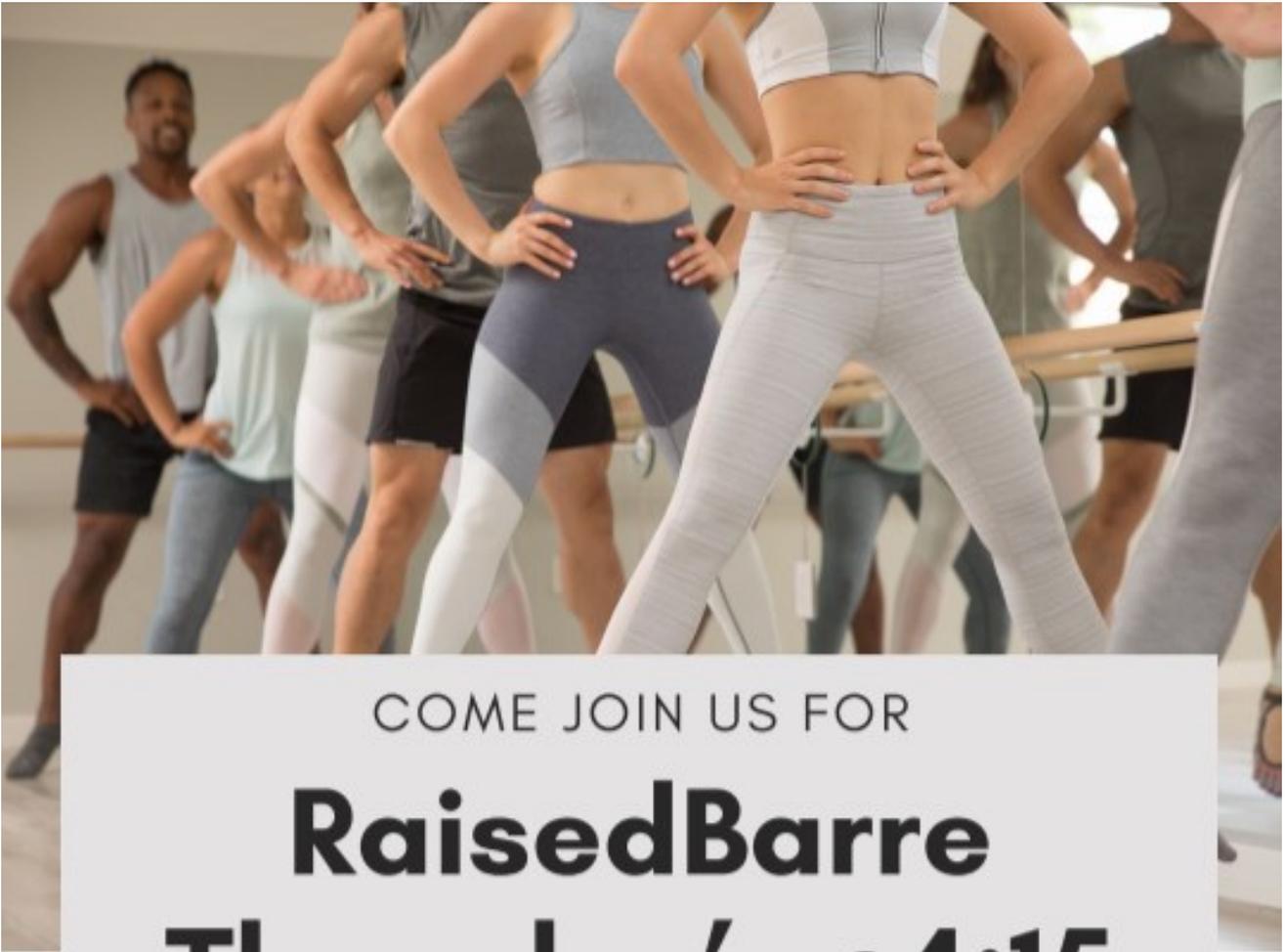
Leanna, from all of us at CCRC, we thank you, miss you, and wish you the best in your future endeavors!



Best of health,



Pam Jennings, Fitness Classes Coordinator  
pjennings@centralclemsonrec.org



COME JOIN US FOR

# **RaisedBarre** **Thursday's @4:15**

STARTING AUGUST 15TH  
AT CENTRAL CLEMSON  
RECREATION CENTER

Barre is a great, low impact workout that fires up small muscle groups you did not even know you had.



Visit us @ [centralclemsonrec.com](http://centralclemsonrec.com)

# CCRC AFTER SCHOOL CARE

K5 - 5TH GRADE



- ✓ Homework Assistance
- ✓ Recreational Activities
- ✓ Academic Enrichment
- ✓ Snack
- ✓ Arts & Crafts
- ✓ And More

**\$40**  
Per Week

**3:00pm - 5:30pm**

**August 20th - May 31st**

 **Space is Limited  
Register Now**

[www.centralclemsonrec.com](http://www.centralclemsonrec.com)  
130 Commons Way Central, SC 29630  
(864) 624 1138



## Football is Back



It's that season already! Time to put on our brightest orange and roar for the Clemson Tigers. This means we will be closed for any Saturday Clemson Home Football Game.

The schedule so far is as follows:

### Central-Clemson Recreation Center

Address:  
130 Commons Way  
Central, SC 29630

Phone:  
864-624-1138

Website:  
[www.centralclemsonrec.com](http://www.centralclemsonrec.com)



The following date we will CLOSE at 1:30PM

August 29th, Clemson vs. GT (**Thurs. Night**)

### **The Following days we will be CLOSED!**

Sept 7th, Clemson vs. Texas A&M

Sept 21st, Clemson vs. Charlotte

October 12th, Clemson vs. FSU

October 26th, Clemson vs. BC

November 2nd, Clemson vs. Wofford

November 16th, Clemson vs. WF