



# The Holidays Are Here

## LET'S GET IN THE SPIRIT

Well, it's that time of year again. When we are overloaded with family friends and food. This is the perfect time to reflect on all you have, appreciate those in your life, and do a little good for others. In the spirit of doing good for others we will once again be giving the gift of free fitness to our community. We will be offering two different weeks where anyone can come in, see what we are all about and use our whole facility for FREE, with the same access as a paying member. It does not get much better than that. This year our free weeks will be December 16th—22nd and again on January 6th—12th. Be sure to mark you calendar and don't miss out



### INSIDE THIS ISSUE

JDRF Fundraiser .....	2
Basketball .....	2
CCRC ASC .....	3
Food Drive .....	3
Monthly Calendar .....	4
Nickie's Quick Tips .....	5
Potluck Thanksgiving .....	6
CCRC Fitness .....	8

### SPECIAL POINTS OF INTEREST

- Nov. 4th—turn back those clocks
- No Classes the week of Thanksgiving
- Closed Nov. 3rd, 17th, 22nd, 23rd, & 24th



## CONGRADULATIONS!

Congratulations to our very own Pam Jennings for completing her Barre certification. What is Barre you ask? Barre Above® is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the

strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

See page 7 for more details on coming classes.

*“help us make a difference and get a great workout”*

### BASKETBALL IS BACK

#### SMART START BASKETBALL

Registration for Smart Start Basketball will begin on November 5th. Register your 3 or 4 year olds for this great program where kids and parents can learn, play and grow together!

Sessions will be held on January 5, 12, 19, 26 and February 2.

CCRC Members: \$35

CCRC Non-Members: \$45

#### YOUTH BASKETBALL

Youth basketball will be beginning in November. The courts will be in use from 5:30pm until close each afternoon. The parking lot will also be busier than usual so be sure to drive cautiously and watch out for those little ones.

## 3RD ANNUAL JDRF DIABETES FUNDRAISER

### FITNESS CLASS MARATHON

Finding a cure for type 1 diabetes

Location: Central-Clemson Recreation center

Date: Monday, 11/19/18

A one-time \$10 donation to JDRF (Juvenile Diabetes Research Foundation) is all that is required to help us make a difference and for you to get a great workout. Come to as many classes as you want and experience a variety of workouts and instructors! Sessions will be: 9:00 AM – 10:30 AM, 11:30 AM – 1:00 PM & 5:00 PM – 6:30 PM

*As a participant, you will have the privilege of receiving an early introduction to our new upcoming classes: BARRE above®, Core Combat, and Total Body Toning!*

In addition to the classes mentioned above, expect other classes such as Pilates, Yoga and Zumba. A schedule will be posted on our website and Facebook in the near future. (You must be at least 15 years of age in order to participate.)





*What creativity!*

## CCRC AFTER SCHOOL CARE

This past month at After School Care we celebrated science for National Earth Science Week and got into the fall mood with pumpkins galore! Follow us on Facebook to see all of our adventures.



## AFTER SCHOOL CARE FOOD DRIVE



CCRC's After School Care will be sponsoring a food drive this November. Help our kids make a difference in the lives of others while we learn about caring and sharing this holiday season. We will be collecting canned and non perishable food to be donated to Clemson Community Care. Learn more about what they do [here](#). You can find a drop box located at the Central-Clemson Recreation Center or the Central Community Building. So, grab you bag and dig into that pantry. Consider it your fall cabinet cleaning before it gets loaded down with holiday food!

Preferred items are:

- Dry/canned milk
- Dry pasta
- Oatmeal/grits
- Tomato sauce/paste
- Cereal
- Juice
- Canned meal/fish
- Pork and beans
- & Mac and cheese

But, any non-perishable food items will be greatly appreciated!

Thank you!

# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 CLOSED for Home GAME
4 Daylight Saving Time Ends	5 Weight Room Orientation @ 9am	6 Election Day	7	8	9	10
11	12 Nat'l. Pizza Day	13 World Kindness Day	14 World Diabetes Day	15 Great American Smoke out	16 Int'l. Day for Tolerance	17 CLOSED FOR HOME GAME
18	19 No Fitness Classes  Int'l Men's Day	20 No Fitness Classes	21 No Fitness Classes  World Hello Day	22 CLOSED  Thanksgiving Day	23 CLOSED  Black Friday	24 CLOSED for Home Game  Small Business Saturday
25	26 Cyber Monday	27 Giving Tuesday	28	29	30 St Andrew	

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

### What to eat before your workout...

Eating before exercise will give you the best chance to get the most out of your workout.

#### 1. Carbs are good. Carbs = Energy

Focus on simple carbohydrates because they are digested fast and provide quick energy. Examples of simple Carbs:

- granola bar
- piece of fruit
- oatmeal
- Greek yogurt (this contains carbs and protein)



Eating before exercise will give you the best chance to get the most out of your workout.

- dried fruit
- crackers
- piece of toast

2. Don't forget about protein, especially when doing weight training. Examples of good sources of protein to eat before a workout include:

- nuts
- Greek yogurt
- slice of turkey
- hardboiled egg
- milk or soy or almond milk

#### 3. Timing is everything.

You'll want to have a snack 30 minutes to an hour before your workout, or workout 2-3 hours after a well-balanced meal.

#### 4. Drink up.

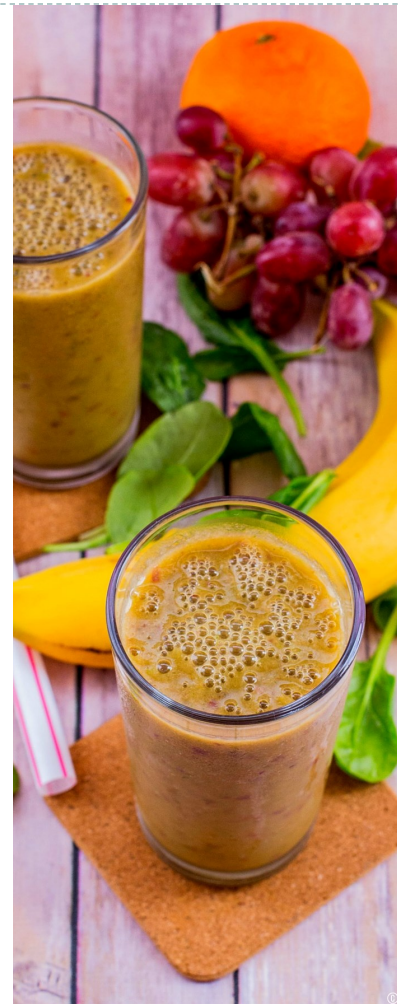
A good place to start is drinking about 16oz of water 2 to 3 hours before exercise, and 8oz of water

10 to 20 minutes before working out. The goal here is to minimize dehydration—which can cause low energy, muscle cramps, or spasms. Here are some good examples of pre-workout snacks that combine simple carbs and protein for a great workout...

- smoothie with 1 cup of fruit and 2 cups of vegetables
- Apple or pear with nut butter
- Greek yogurt with granola and berries
- Dried fruit with mixed nuts
- Granola bar
- Rice cakes topped with nut butter
- Oatmeal with fruit

Stay tuned next month for post-workout snacks...

Nickie Mueller, CCRC Personal Training Coordinator  
[nickiemccrc@outlook.com](mailto:nickiemccrc@outlook.com)







## THANKSGIVING POTLUCK PREPAREDNESS

This year we are focusing our recipe suggestions on those Thanksgiving warriors who must venture out, weighted down with sides and desserts for family gathering, all the while worrying about what to bring, how to keep those delicious sides from turning cold and soggy or just not spilling them all over the car. We have a few recipe suggestions to take a little of the worry out of your potluck addition to the feast.

### APPETIZERS

Keep the masses calm while they impatiently wait for that yummy turkey they smell sizzling in the oven. This delightful appetizer, a nutty ball of cheese, is sure to please. Throw in some crackers and your done!

Find this recipe [HERE](#)



### SALAD



We could have gone supper healthy with our salad but it's Thanksgiving so we are going all in. We recommend a mouth watering pasta salad. It does not need to be heated. It can be made the day before and it actually gets better the more you shake it. Plus you can add pretty much anything you want to please your vegetarians, carnivores and everything in between.

## BREAD

We all know there is one thing that there is NEVER enough of, BREAD! Stuffing, rolls, dressing, you name it we love it. And it's Thanksgiving, when you can reasonably splurge on all those carbs and not feel bad. Why not add a little extra joy to the table with this easy 1 hour bread recipe. You can make it the day of and arrive with a fresh, homemade bread that will wow everyone. Find the recipe [HERE](#)



---

*Thanksgiving does not scare us, we have got you covered!*

---

## CRANBERRY SAUCE

It's a perfect classic and one people will actually want to eat. None of that canned gelatinous goo everyone avoids. Try this [orange honey cranberry sauce](#) and they will be coming back for seconds.

## DESSERT

When it is time for dessert why go for the classic pumpkin pie, there is sure to be plenty of that already. How about a [pumpkin swirl cheesecake](#). Creamy cheesecake mixed with just the right amount of pumpkin pie flavor is hard to beat. But don't expect there to be any left overs.





# BARRE above™

CCRC is excited to inform you that we will be offering two BARRE above® classes beginning the week of November 26<sup>th</sup>! BARRE® is one of the hottest trending workouts of our day! This class is designed for a wide range of fitness levels, genders, ages and body types, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged! Class formats are completely customizable to match your needs and no two classes will be alike! You can expect a fusion of classic BARRE® choreography, Pilates, high-low intensity cardio options, and strength training through the use of a variety of tools. This pattern of exercise helps to improve strength, muscular and cardiovascular endurance, balance, flexibility and posture. Classes will be Tuesday's at 8:00 AM and Wednesday's at 12:10 PM. Get with it and make plans to attend!

Pam Jennings,  
Fitness Coordinator  
and Instructor

## NEW FITNESS CLASSES COMING YOUR WAY!

### BIG CHANGES ARE COMING!

CCRC is ready to reignite class participants and spark the interest of others to get involved!

In order to bring an even wider variety of workouts to you, we are making some pretty significant changes to our Fitness Classes Schedule! Take a look at what's in store for YOU!

BARRE® classes across the country have increased by 141% and CCRC has decided to be part of



this fitness phenomenon by bringing it to you! This class will replace Tuesday's 8:00 AM ABSolute rockBOTTOM and 12:10 PM Triple Threat. I, Pam Jennings, am truly looking forward to being your instructor!

Also, we are revamping our noon schedule for Wednesday through Friday. Wednesday's class will be Total Body Toning. Expect to work every muscle from head to toe! During this class, your instructor, Kellie Williams, will lead you through a challenging weight training workout focusing on improving muscular strength and

developing a more noticeably toned physique! Plus, your body will become more proficient in burning calories!

For Thursdays, get ready for Core Combat with Kellie Williams! In this class you will work towards the six pack abs you've always dreamed of and burn off the extra weight so you can see them! This class will definitely be different from your usual mundane ab workout. You are really going to enjoy this fun, jam-packed, cardio core class!

Trai Murphy teaches a killer Tabata class on Wednesday evenings! Feedback from participants is that Trai will kick your butt! They absolutely love the workout and Trai as a "drill sergeant" in-

structor so we've decided to give you nooners a taste of Trai's Tabata! The first half of class will consist of a warmup on the bike and kick into a fabulous cardio burn! This will get your blood pumping and ready for the second half which includes timed intervals of cardio and weight training. What a great way to end your week! All of your favorite classes will remain! Thanks to all of our instructors who are always planning your workouts to be the best they can be and to all of you who participate! You mean the world to us!





**Central-Clemson  
Recreation Center**

130 Commons Way  
Central SC, 29630

864-624-1138  
pbecker@cityofclemson.org  
www.centralclemsonrec.com



## DAYLIGHT SAVINGS TIME

Daylight savings time is coming to an end on November 4th. Don't forget to turn those clocks back. And, while it may now be dark for many of you by the time you get off work, don't worry, we will keep the light on for you! See you soon.

