

#### **Personal Training**

One hour, 1-on-1 sessions with a personal trainer. Includes goal setting, equipment introduction, fitness test, workout plan and nutrition consultation.

#### **Small Group Personal Training**

Four-to-six-week classes customized for a small group (up to six people). Focus is on equipment, technique, skill or outcome-based programs. A great option for family and friends who want a customized program for weight-loss, wedding preparation, athletic competition training, etc.

#### Fitness Challenges

A friendly competition that challenges you to set and reach your fitness goals. The top 10 participants are recognized on the Leaderboard.

#### **Group Exercise Classes**

All group exercise classes are 'multi-option', meaning all participants are welcome and the instructors will provide options and modifications of the exercises to meet personal needs and abilities for every individual. Classes are designed to provide benefits in the areas of strength, aerobic capacity, mobility and flexibility, and mental focus.

For a class schedule, go to

facebook.com/groups/morencifitness







#### Weight Room

Free weights, power racks, plate-loaded equipment, Smith machines, rowers, Rage Cage for functional training and more.

#### Cardio Equipment

Treadmills, ellipticals, Woodway Curve, stationary bikes, running track and more.

#### **Studios**

Fully equipped WELLBEATS virtual fitness studio with virtual fitness instructor available during all business hours for everything from Zumba, yoga, weight lifting and more. We are also equipped with a Stages Flight virtual cycling studio.

#### Metabolic Testing

We offer Metabolic Testing with KORR equipment. Have your Resting Metabolic Rate and VO2 Max tested so that you can reach fitness and weight-loss goals safely and faster than ever. This typically expensive service is included in your membership.

Be sure to talk with our fitness instructors about fit tests, workout plans and other resources available to help you reach your fitness goals!

#### **Group Classes Offered**

- Framework (muscular strength)
- Shred (total body conditioning)
- Olympic Weight Lifting (power and weight lifting)
- Indoor Cycling (muscular endurance and cardio)
- Yoga (relaxation and mobility)
- Zumba (dance cardio)
- Rumble (Martial Arts-inspired, full-body strength & conditioning)
- RIPPED (Resistance, Interval, Power, Plyometric, Endurance, & Diet)
- Stroller Strong
- Mobility WOD





# 8AM | S15 | T-SHIRT INCLUDED

## **AGE CATEGORIES:**

OPEN A: 18-26 MASTERS A: 40-59

OPEN B: 27-39 MASTERS B: 60+

## **WEIGH-INS:**

- FEBRUARY 21 FROM 11 A.M. 6 P.M.
- FAMILIES AND FRIENDS WELCOME
- TROPHIES FOR TOP 3 IN EACH WEIGHT CLASS

TYPE OF GEAR: SINGLE-PLY

**MUST REGISTER BY: JAN 31** 



# THE 50 PUSH-UP CHALLENGE

#### WEEK 1

DAY 1: 5 Push-Ups

DAY 2: 5 Push-Ups

DAY 3: REST

DAY 6: REST

DAY 4: 5 Push-Ups

DAY 5: 10 Push-Ups

DAY 7: 10 Push-Ups

#### WEEK 2

DAY 8: REST

DAY 9: 12 Push-Ups DAY 10: 12 Push-Ups

DAY 11: REST

DAY 12: 15 Push-Ups DAY 13: 15 Push-Ups

DAY 14: REST

#### WEEK 3

DAY 15: 35 Push-Ups DAY 16: 24 Push-Ups

DAY 17: REST

DAY 18: 25 Push-Ups DAY 19: 30 Push-Ups

DAY 20: REST

DAY 21: 32 Push-Ups

#### WEEK 4

DAY 22: 35 Push-Ups

DAY 23: 35 Push-Ups

DAY 24: REST

DAY 25: 38 Push-Ups

DAY 26: 40 Push-Ups

DAY 27: REST

DAY 28: 42 Push-Ups

### TWO MORE DAYS





## **WALK MORENCI**

We're walking, and you should join us!

We meet at 7:45 a.m. Monday through Friday at the Morenci Community Center for a 30-minute walk.

Why? A recent analysis by the Mayo Clinic of 13 studies concluded that, "sitting time and activity levels found in those who sat for more than 8 hours a day with no physical activity had a risk of dying similar to the risks of dying posed by obesity and smoking."

Walking is one of the simplest yet most effective exercises we can do. It is prescribed for many conditions, including:

- High blood pressure
- Osteoarthritis
- Obesity
- Heart disease
- Prediabetes
- Depression
- Anxiety

Did you know? People are more sedentary than at any other point in history and all that sitting can be detrimental to our health. The good news is that a brisk 30-minute walk five times a week has remarkable effects to counter many of the issues associated with being sedentary.

Walking is not only good for you but also very enjoyable. We walk together and enjoy good company, or solo and take time to ourselves. There is nothing to buy or worry about. You just walk.

The Morenci Fitness Team has a saying, "Just show up!" Just show up to the gym or the fitness office. Just show up for a class. Just show up for any of our walks. We are here to help you get started.

Will you make the commitment to walk at least three times a week? We will help you do it!

#### Join the EverWalk Intiative

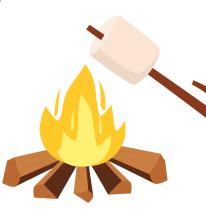
Morenci community member Caesar Russell is an EverWalk Ambassador, connecting the Morenci Fitness family to a larger national community of walkers. EverWalk was started by Diana Nyad, the first individual to swim the 110.86 miles between Havana Cuba and Key West Florida, and Bonnie Stoll, expedition leader of the Cuba swim. Their mission was simple: to get us all walking. You also can join EverWalk and vow to walk three times a week. Sign up at Everwalk.com.



# REGISTER BY DEGEMBER 27TH MORENCI COMMUNITY CENTER OUTDOOR POOL 5-7PM | FREE FOR ALL AGES | \$10 FOR A T-SHIRT

Do you have what it takes to make the plunge? Join us for a family fun event featuring a plunge into the freezing Dunk Tank, then warm up by the fire while making s'mores. There also will be swimming (pool will be normal temperature), pool games and information on pool safety, including registration for CPR and Lifeguarding classes.

FOR MORE INFORMATION PLEASE CONTACT THE COMMUNITY CENTER AT 928-865-6598



# **AQUATICS**

JANUARY 6 - MAY 22

## **POOL SCHEDULE:**

#### **INDOOR POOL:**

Monday - Thursday	
1 – 2:30 p.m.	Adult Water Walking
	Open Swim (M & W)
	Swim Lessons (T & TH)
Friday	
	Adult Water Walking
	Open Swim
Saturday	
1 – 6 p.m.	Open Swim

#### **OUTDOOR POOL:**

Mandau Eddau	
Monday - Friday	
10 - 11 a.m	Adult Water Fitness (M-TH) Weather Dependent
11 a.m 1 p.m	Adult Lap Swim
	Swim Team (Tues - Fri)
6 - 7 p.m	Adult Water Fitness (M & W) Weather Dependent
6:30 - 7 p.m	Adult Lap Swim (M-TH)
Saturday	
11 a.m 1 p.m	Adult Lap Swim

#### **POOL RULES:**

Please watch your children around water.

Children 8 years and under must be accompanied by an adult 16 or older at all times.

U.S. Coast Guard approved safety devices only. Parents must be within arm's reach at all times.

Swim diapers MUST be worn for children who are not toilet trained. No regular diapers allowed.

Proper swim attire required, no denim allowed.

Must be at least 48 inches tall to ride indoor waterslide.



## **POOL AMENITIES**



#### **INDOOR POOL**

- Splash zone with large dump bucket
- · Lazy river with a vortex pool
- Two-story waterslide with timer
- Locker rooms and family cabanas
- ADA accessibility



#### **OUTDOOR POOL**

- Six 25-meter lap lanes
- Waterslide with 5-foot drop
- 1-meter springboard diving
- Shaded pavilions with tables and lounge seating
- Volleyball net
- ADA accessibility

# LIFEGUARDING CLASS

nterested in becoming a part of our Lifeguard team here at the Morenci Aquatic Center? This American Red Cross class will certify you in Lifeguarding, CPR, AED, and First Aid. Once certified you can apply to be a part of our amazing aquatics team with Morenci Community Services!

\*Completion of class does not guarantee employment



Days: Monday - Friday

Dates: March 9 -13 or March 16 - 20

Time: 9 a.m. - 4 p.m.

Ages: Must be 15 years old by the

last day of class

Cost: \$35

**Location:** Morenci Community

Center

**Note:** Must pass pre-course prior to signing up. Schedule today by calling

928-865-6621.

Pre-course includes a 300-meter swim, 2 minutes treading water (legs only) and 10-pound brick retrieval off bottom of 13-foot deep end.

### **ADULT WATER FITNESS CLASSES**

(16 AND OLDER)

#### Aqua Power:

A high-intensity workout that combines cardio and strength training.

Days: Mondays and Wednesdays

**Time:** 6 - 7 p.m.

Location:

Outdoor Pool/Indoor Pool

#### **Water Warriors:**

A high-intensity, total body workout designed to increase your heart rate, tone muscles and help you get into shape.

Days: Monday - Thursday

Time: 10 - 11 a.m.

Location:

Outdoor Pool/Indoor Pool

# YOUTH SWIM LESSONS

#### **OUR LEVELS - BASED ON AGE AND SKILL:**

#### Level 1: Parent and Child Ages 6 - 18 months

- Comfort with water and instructor
- Introduction to arm and leg movements and floating
- Rolling front to back/back to front
- Child does not have to pass any requirements but must be 18 months to advance to level 1.5

#### Level 1.5: Parent and Child Ages 18 - 36 months

- Comfort with water and instructor
- Able to fully submerge face in the water
- Front and back floats with support
- Jump in and find the wall
- Independently exit the water

#### Level 2: Ages 3 years and up

Adult caregiver must be poolside

- Superman glide on belly assisted
- Bobs five using wall for support
- Jump into water assisted
- Back float assisted
- Introduction to treading water
- Swim 3 yards of freestyle

#### Level 2.5: Ages 3 years and up

Adult caregiver must be poolside

- Superman glide on belly unassisted
- Bobs 10 using wall for support
- Jump into water unassisted
- Roll from belly to back to take a breath

   unassisted
- Tread water learning hands and legs
- Swim 7 yards of freestyle

**Days:** Tuesdays and Thursdays

Time: 4 - 6 p.m.

(Classes are 25 minutes in length)

Levels:

Parent and Child through Level 4

Cost: \$10 per session

Session 1:

January 7- January 30

Session 2:

February 4 - February 27

Session 3:

March 24 - April 16

#### Level 3: Ages 3 years and up

Adult caregiver must be in building

- Superman glide on belly with push off wall – unassisted
- Bobs five unassisted
- Jump into water and swim to instructor
- Roll from belly to back and back to belly – unassisted
- Tread water assisted
- Swim 10 yards of freestyle

#### Level 3.5: Ages 3 years and up

Adult caregiver must be in building

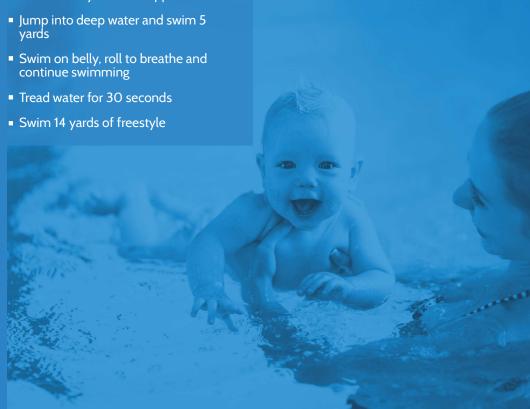
- Superman glide on belly with arm strokes – unassisted
- Bob to safety with no support

#### Level 4: Ages 3 years and up

- Freestyle technique
- Introduction to backstroke
- Introduction to breaststroke kick
- Jump into deep water unassisted and swim to wall
- Tread water for 1 minute
- Swim a 25-meter freestyle
- Swim a 25-meter backstroke

#### Adaptive: Ages 3 years and up

 This individualized class is geared for unique swimmers who would like to work on their water skills.





ant stroke development, ready to compete at USA meets or want stay in shape for the High School Team? We have the place for you on the Morenci Swim Team!

\*Must pass Level 4 swim lesson skills or be able to swim a 25-meter freestyle or backstroke without stopping.

#### **MEET OUR NEW COACH**

Brenna Bayardo was born and raised in Tucson, AZ where at age 9 she decided she wanted to try swimming and found that it was something she wanted to pursue. Brenna accepted a full-ride academic/athletic



**Coach Brenna** 

scholarship to SOKA University of America in Aliso Vieio California. While attending SOKA, Brenna was a part of the National Swim Relay Team, School Record Relay Team, as well as an individual qualifier for NAIA Nationals for 3 years. She earned her Bachelors in Liberal Arts with an emphasis in Social Behavioral Sciences, graduating in 2017, and is now expected to graduate in 2020 with her Masters in Professional Counseling. Brenna earned her USA Swim Coach Certifications in 2019. She loves that even though she has hung up her own suit and goggles, she is still able to do what she loves. Brenna is excited to be a part of the Morenci Community Center Team and do for the swimmers what her coaches were able to do for her, which is to believe in them and help achieve their goals.

Days: Tuesday - Friday

Age: 4 - 18 years old

**Cost:** \$60 – Cost includes: team shirt, cap and suit. Does not include USA Swim registration fees and individual meet fees.

\*Due to winter season, please have appropriate clothing and closed toed shoes worn to practice.

#### Practice Times January 7 - May 22:

White Group: 3:30 – 4 p.m. Tuesday & Thursday

Grey Group: 4 - 5 p.m. Tuesday - Fridays

10 - 11 a.m. Saturday (optional)

Red Group: 5 – 6:30 p.m. Tuesday – Fridays

9:30 - 11 a.m. Saturday (strongly encourgaed)

# GROUP DESCRIPTIONS:

#### WHITE GROUP:

4 to 8 year old swimmers who meet Level 4 swim lesson requirements.

#### **GREY GROUP:**

9 to 18 year old swimmers who are returning summer swimmers, yearround athletes, or have undergone coaches evaluation

#### **RED GROUP:**

11-18 year old swimmers with a desire to train and compete at a higher level and have undergone coaches evaluation.

# UPCOMING MEET

SCHEDULE:
Jan. 24 – 26SAC Winter Invite
Feb. 1Last Chance Meet
Feb. 8 SWAS Meet
Feb. 14-17 Lost Dutchman Invitational
Feb. 21–23Junior Olympics
Feb. 27-29Senior Champs
March 5-8 Age Group Champs
March 14-15 8 & Under Spring Finale
March 19-22 4C Speedo Sectionals
April 2-5 Far Westerns

<sup>\*</sup>times subject to change