

GROUP FITNESS - JULY

Start Time:	Mon	Tue	Wed	Thu	Fri
5:30 AM	<u>Stay</u>	<u>Posted</u>	<u>For</u>	<u>New</u>	<u>A.m. classes</u>
9:00 AM	Stretch	Silver Sneakers	Stretch	Silver Sneakers	Stretch
12:15 PM	Total Body Burn	Smash HIIT	Kickboxing	Fat Blast 30	
5:30 PM		Yoga			

All fitness classes listed above are free of charge to members of the CCCC!

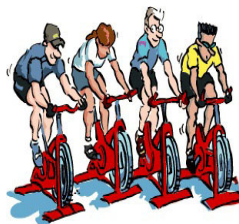
Class are available to non-members for \$5/class!

Spinning classes:

Mondays & Wednesdays 5:30am - 6:30am

Tuesdays & Thursdays 7:30am - 8:30am

Virtual cycling schedule available as well!



Stay posted to the website for updates on
youth & adult sports sign ups,
and any updates to possible
upcoming trips as allowed.



www.ccccsidney.com 308-254-7000

Director: Michael Namuth director@cccsidney.com

Admin. Assist: Beverly Sonntag adminassist@cccsidney.com

Activities Director: Kiersten Richards activities@cccsidney.com

Sports Director: Curtis Hofrock sportsdirector@cccsidney.com



Mission Statement: Dedicated to serving the health, wellness, educational, recreational and social needs of Cheyenne County and the surrounding area.

We are in the middle of the summer heat. Remember, hydration is an important part of staying healthy. The body can survive days without food, but it needs water. So, if you are working out here at the gym or just doing yard work, don't forget to drink water frequently.

Heat stroke and heat exhaustion are common during the summer months and the number one cause of these is dehydration. We get busy doing things and forget to drink water, then the body shuts down to conserve what it has left. Always carry a water bottle with you to keep those fluids replenished to stay safe and healthy.

If somethings to remember if you become exhausted with heat or think you might be having a stroke. Try and cool the body as best you can. Find a shady area and hopefully the breeze is bellowing. If you can get inside cool your body down with cool water. As always if you feel you need to go to the hospital, GO! Don't fool around.

As we look ahead, I would like to invite all of you to come on out to the ball fields to watch our baseball and softball teams wrap up their season. The 11-year old's and 12-year old's will be competing in their respective Cal Ripken State Baseball tournaments. The 11-year old's tournament will be held on Field #2 while the 12 year old's will be playing on the Kiwanis Field across from the National Guard Armory. Good luck to these teams as they compete for a spot in the regional tournaments.

The Co-Ed season will be wrapping up towards the end of July and first part of August. If bored at home please come on out and watch our local talent compete. The concession stand is open so you could enjoy a beverage and popcorn.

As we gear up for the fall, we will be resuming our complete compliment of fitness classes. Remember is you need meeting space, table or chairs to rent we can help you out. Just call our front desk to reserve your space.

Stay cool as best as you can. The heat will subside and everyone will be wondering when it will turn back on this winter. Oh, the joys of living in Nebraska. We wouldn't live anywhere else.

Remember, the coffee is always on. We can put ice cubes in it if you like. Stop by for a visit.

Michael Namuth, Director

Summer Hours

Mon - Thur:

5am - 9pm

Fri: 5am - 8pm

Sat: 7am - 1pm

Sun: Closed

CCCC**Happenings:**

~Spring/

Summer sports

~Fitness

Schedules

~Events

627 Toledo St.

Sidney, NE 69162

Ph: 308-254-7000

www.ccccsidney.com

July 2021

Congregate Meal Menus

Volume 5, Issue 7

Thursday July 1: Pork roast, potatoes, vegetable & bread	Thursday July 15: Meatloaf, potatoes & fruit
Friday July 2: Hamburger with bun, baked beans & fixings	Friday July 16: Chicken fried steak and veggie
Monday July 5: CLOSED	Monday July 19: Cheeseburger and potato salad
Tuesday July 6: Meatball w/ gravy, rice & veggie	Tuesday July 20: Goulash, bread & vegetable
Wednesday July 7: BBQ Chicken, potato & vegetable	Wednesday July 21: Liver & onions and vegetable
Thursday July 8: McRib sandwich, potatoes, vegetable	Thursday July 22: Baked chicken, potato & vegetable
Friday July 9: Smothered steak with onions, potatoes & veggie	Friday July 23: Swiss steak w/ tomatoes, potato & jello
Monday July 12: Chicken noodle, potatoes & vegetable	Monday July 26: Chicken strips, macaroni salad & vegetable
Tuesday July 13: Chili cheese dog, potatoes & vegetable	
Wednesday July 14: Chef salad, fruit & vegetable	

Tuesday July 27: Pork chop w/ mushroom gravy, potato & vegetable

Wednesday July 28: Chef salad, potatoes & bread

Thursday July 29: Spaghetti w/ meat sauce, salad & bread

Friday July 30: Tuna noodle casserole, vegetable & bread



Congregate Meals are served at the Cheyenne County Community Center Monday thru Friday at 11:30am. The cost is \$4.00 per meal for persons age 60 and over. For persons under age 60, the cost is \$8.00. Orders for the current day's meal must be placed between 8:30 and 9:30 am on that day.

Silver Speeders

Senior Citizens gather daily at the community center to enjoy exercising activities such as Stretch Class, which is an hour filled with different stretching activities that limbers the body up and refreshes the mind. The Stretch Class meets at 9:00am on Mondays, Wednesdays and Fridays. The community center is also an approved SilverSneakers Fitness Facility. We offer the Muscular Strength and Range of Movement class at 9:00am on Tuesdays and Thursdays. If you are a Humana Medicare Policy owner you may qualify for a free membership to the Community Center. Along with our fitness class, we have discounted memberships for senior citizens including a limited senior citizen membership for walkers. We offer a wide range of other activities for seniors and collaborate with area businesses to make these activities happen.

June 2021

Sports Information

Volume 5, Issue 7

June has flown by and here we are ready for state baseball Tournaments. The Co-ed softball season is still in full swing, and will continue through August. Our 9-12 year olds will all be competing in their Cal Ripken state tournaments July 2,3,4, 2021 and we wish them all the best of luck.

Next sports up will be flag football for 1st through 6th grade, we will no longer be playing tackle football with our fifth and sixth graders, this has been a costly league to be a part of, and the research supports not competing in full contact sports until at least 7th grade.

Next up is Mini-tykes soccer and volleyball. All of these registrations will open on July 15 and close August 15th, in time to get teams made and jersey's ordered.

It has been a great summer so far, and I look forward to our fall sports.

Curtis Hofrock, Sports Director

Welcome to our new Fitness Director/Personal Trainer!!

Trevon Newmann is an ISSA certified personal trainer, avid movement specialist. A graduate of Colorado College, he started his own personal training business, Waves of Being, because he loves helping people reach their health goals in holistic ways. A California native, Tre enjoys teaching people how to effectively and safely use the gym equipment in the community center and loves anything related to dance. Stop by any time to sign up for a orientation, training session, or a friendly conversation.

Areas of expertise: Dance Fitness/ Dance Technique Class, Dumbbell body and bodyweight training, Yoga and stretch, Weightlifting and Strength Training with Gym Equipment



Work Schedule: Monday 6:30-10:30 am, Tuesday 10:00- 2:00 pm, Wednesday 2:00- 6:00 pm, Thursday 10:00- 2:00 pm, Friday 6:30-10:30 am

Email: wavesofbeingpt@gmail.com

Facebook and Instagram: [wavesofbeingpt](https://www.facebook.com/wavesofbeingpt)

Website: www.Wavesofbeingpt.com

Independence Day Weekend Hours:

Saturday July 3: CLOSED

Sunday July 4th: CLOSED

Monday July 5th: CLOSED

**Regular business hours will resume
Tuesday July 6th.**