

January  
2021



# Yates Community Center News

[contact@yatescc.org](mailto:contact@yatescc.org)

Page 1

## Dawn Shipman

YCC Fitness Manager  
315-536-3354  
[dawn@yatescc.org](mailto:dawn@yatescc.org)

## YCC Board Members

Dr. Leigh Berry, President  
Dr. Suzamie Farnsworth, VP  
Jim DeLuca, Treasurer  
Jason Hassos, Secretary  
Alicia Avellaneda  
Jeffrey Townley  
John Manley  
Mike D'Abbracci  
Loni Terpolilli  
Gretchen Scalpi

## YCC

467 N. Main St.  
Penn Yan, NY 14527  
315-536-3354  
[contact@yatescc.org](mailto:contact@yatescc.org)

## YC Fitness Center Hours

Monday-Friday 8am-8pm  
Saturdays 9am-3pm



Like us on Facebook  
& Instagram



## Happy New Year!




**Share The Game**  
Donate your gently used sport equipment! Equipment will then be available to families that need it - Share the Game! [sharethegameyc@gmail.com](mailto:sharethegameyc@gmail.com)

**Girl Scouts Silver Award Project**  
Drop off at the Yates Community Center during business hours




## Getting Back to the Gym!

The Fitness Center has been rearranged and clearly marked for your safe use .

- Hand Sanitizer Stations
- Upgraded Air Filtration
- Extensive and frequent cleaning
- Self-Cleaning stations



At YCC we always put YOU first. We are committed to providing you with a clean and safe place to train and workout. Being and physically and mentally fit has never been more important and we are pleased to be a part of your fitness journey. From everyone at YCC we would like to offer a huge Thank You to our members for their patience during this pandemic.

Remember House Rules!!  
Mask, Wash Hands, Use Sanitizer, Wipe Machines & Please do not wear street shoes in the Center.

## UpComing Events

- Weight Loss Challenge Starting Jan 18, Please call for details.
- Silver Sneakers Classes – More news to come!
- WANTED: . . . Old jewelry pieces to be used for jewelry making classes

### • YOUTH CLASSES - Ages 9 to 13

**Pilates—Wednesday 3:30 to 4:15**

Jan 20	Feb 3
Jan 27	Feb 10

**Strength & Functional Movement**

**Thursday 3:30 to 4:15 pm**

Jan 21	Feb 4
Jan 28	Feb 11

### • ADULT CLASSES

**Strength & Balance**

**Monday 9:00 to 9:30 am**

Jan 18	Feb 1
Jan 25	Feb 8

**Pilates—Tuesday 9:00 to 9:45 am**

Jan 19	Feb 2
Jan 26	Feb 9

**Stick Mobility**

**Tuesday 10:00 to 10:30 am**

Jan 19	Feb 2
Jan 26	Feb 9

Please refer to Calendar on next page.

## December Highlights

The magic of the season here in Yates County brought us the Teleporting Santa Letter Pneumatic Tube 2020 to help us connect and bring a little something extra special for the kids. The magic was spread and successfully returned to the children of Yates County that sent their North Pole letters using our special device! Till next year....

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## January—February 2021

Adult Classes

Youth Classes

Others

Mon	Tue	Wed	Thu	Fri
18 Strength & Balance 9:00 to 9:30 am Weight Loss Challenge Begins	19 Pilates 9:00 to 9:45 am Stick Mobility 10:00 to 10:30 am	20 Pilates 3:30 to 4:15 pm	21 Strength & Functional Movement 3:30 to 4:14 pm	22
25 Strength & Balance 9:00 to 9:30 am	26 Pilates 9:00 to 9:45 am Stick Mobility 10:00 to 10:30 am	27 Pilates 3:30 to 4:15 pm	28 Strength & Functional Movement 3:30 to 4:14 pm	29
1 Strength & Balance 9:00 to 9:30 am	2 Pilates 9:00 to 9:45 am Stick Mobility 10:00 to 10:30 am	3 Pilates 3:30 to 4:15 pm	4 Strength & Functional Movement 3:30 to 4:14 pm	5
8 Strength & Balance 9:00 to 9:30 am	9 Pilates 9:00 to 9:45 am Stick Mobility 10:00 to 10:30 am	10 Pilates 3:30 to 4:15	11 Strength & Functional Movement 3:30 to 4:14 pm	12

### For ALL Classes One class each week, for 4 weeks \$32

- **Pre-Pay** Required (to sign up for class)
- **No refunds** once program starts (Use or lose)
- **Please arrive at least 15 minutes before class to complete a health screening.** Your temperature will be checked, and we'll ask you to review and acknowledge a liability /health waiver. Please stay home if you're sick.
- **Bring your own mask and wear it at all times.** Our staff will be wearing face coverings as well for your protection.
- **Please bring your own equipment** – filled water bottle, towel, and any other workout equipment needed for your class (mat, etc.).
- **Practice social distancing when possible.** We've marked out spaces for each class participant. Please stay in your area and maintain distance.

