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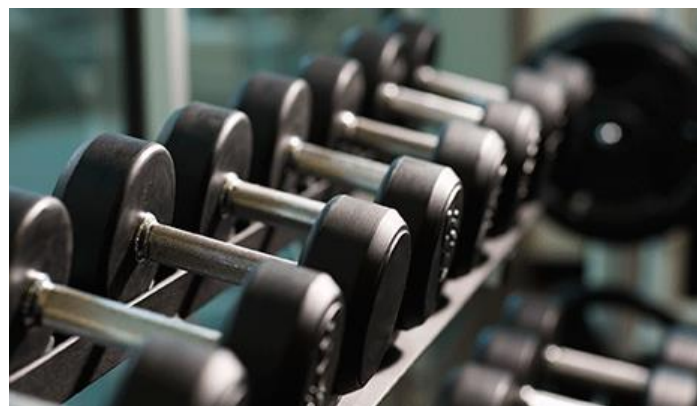
2nd Issue | Fall | 2019



Inman

Recreation and Wellness

The Inman Wellness Center as a part of the Inman Recreation Commission provides activities and a facility that encourages building healthier minds, bodies, and spirits.



Join the wellness center today

Student: Is considered those individuals that are Kindergarten through 12th grade.

Monthly: \$16.00 Auto Debit: \$12.00 Yearly: \$144-\$12 (12 month free)=\$132.00

Individual: Ages ranging from 19-60 years.

Monthly: \$26.00 Auto Debit: \$22.00 Yearly: \$264-\$22 (12 month free)=\$242.00

Senior: For individuals 61+.

Monthly: \$18.00 Auto Debit \$14.00 Yearly: \$168-\$14 (12 month free)=\$154.00

Family: Includes all immediate family members (children max age is 21).

Monthly: \$39.00 Auto Debit: \$35.00 Yearly: \$420-\$35 (12th month free)=\$385.00

College: For those college students that are away from home most of the year but would like to use the facility during Thanksgiving, Christmas, Spring Break, and Summer Break Yearly: \$32.00

ADDITIONAL FEES

Initiation Fee: \$25.00 for those first time members.

Keyless Entry Card: Used for entry to the wellness center during non-staffed hours. The Keycard allows entry from 4 am until midnight additional non-staffed hours on the weekends. \$20.00

PUNCH CARD OPTIONS

Community members that are not a member of the Inman Wellness Center may purchase a punch card to participate in our wellness center classes. **Note:** A punch card can not be used for use of the cardio or strength training room. Day passes can be purchased for equipment use.

CLASSES INCLUDED ARE:

Indoor Cycling, Zumba, Keeping Fit, Toning, and Revelation wellness class

5 Punch Card \$20.00

10 Punch Card \$30.00

NAME: _____

DATE: _____

Class: Keeping Fit; Indoor Cycling; Toning; Zumba
"Building Healthier Minds, Bodies & Spirits!"

TEAM CLASS SESSION
SEPTEMBER 3rd, 2019 thru
DECEMBER 30th

Gymnastics Class Fees:
Pay for entire session:
 \$150 for member
 \$190 for non-member
Monthly Payments*:
 \$37.50 for member
 \$47.50 for non-member
Annual Team Comp Fee:
 \$50 per family

TEUTON TWISTERS



TEAM CLASS

Team: (Ages 5 and up) This class is a development class for the serious gymnast. Participants at the team level move at an accelerated pace and emphasis is placed on skills needed for competition. Within the team class, each gymnast is placed in a competition level based on their skills. Instructors: Connie Richert and Larissa Queen
CLASS TIMES: Monday and Tuesday: 5:30-7:30pm
(Team participation and placement determined by coaches-evaluations will take place in August prior to the fall season beginning).

PRE-TEAM

Pre-team: The focus of the Pre-Team program is training our youngest competitive gymnasts in entry-level gymnastic skills, physical conditioning and performance skills. These very important levels introduce the parent and the athlete to competition, and our goal is to help them enjoy every step of the process. We offer annual evaluations for students desiring to move from classes to their first competitive experience at the Pre-Team level. Instructors: Connie Richert and Larissa Queen
CLASS TIMES: 6-7:30pm Thursdays

RECREATION CLASS GYMNASTICS

Level 1/2: (Ages 5 and up) This class focuses on a continuation of progressive skills with more difficult skills being introduced. Participants work on tumbling and floor exercises. Class requirement round-off and backward roll. Instructors: Connie Richert, Larissa Queen, and Lily Tatro
 Thursday: 6-6:45pm

Tiny Tumblers: This class will help 3 & 4 yr olds improve their balance and coordination. Some of the skills they will be learning are: behavioral skills like listening to their coaches, staying in line, taking turns, basic tumbling and gymnastics positions.

Thursday: 5:30-6pm Instructor: Larissa Queen, Connie Richert, and Lily Tatro

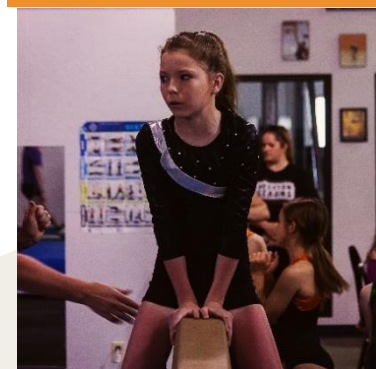
PLEASE COMPLETE A REGISTRATION CARD AND MAKE PAYMENT ARRANGEMENTS AT THE WELLNESS CENTER PRIOR TO YOUR FIRST SCHEDULED CLASS!

YOUTH PROGRAMS AND ACTIVITIES



"The physical benefits of doing gymnastics include increased strength, agility, flexibility, endurance, artistry. . . . Research shows that participating in gymnastics at any level positively affects kids self-esteem, allows them to problem solve better and builds their confidence overall."

(From the yummymummyclub.ca-how kids can benefit from gymnastics)



We offer programs to fit your needs from recreation level to competitive level gymnastics.

RECREATION CLASS SESSION

SEPTEMBER 3rd, 2019 thru
DECEMBER 26th

Level 1/2

Pay for entire session:
 \$80 for members
 \$120 for non-members
Monthly Payments*:
 \$20 for members
 \$30 for non-members

Tiny Tumblers

Pay for entire session:
 \$65 for members
 \$95 for non-members
Monthly Payments*:
 \$16.25 for members
 \$23.75 for non-members

*ACH Monthly payments are made by the 1st of each month.



**HUNTER
SAFETY
COURSE**

KANSAS HUNTER EDUCATION CLASS

Instructor: Robert Paramore

"Protecting our hunting heritage through safe, knowledgeable, and responsible hunters." (Taken from Wildlife, Parks, Tourism Kansas-Hunter Education)

Class Information:

Ages 11 and over

Saturday, October 12th-Inman Community Building

The class will run from 9am to 3pm and then students will go to shoot a variety of guns. Participants must first take an online class before he or she can participate. Register online at www.safehunters.com by clicking on Inman Community Building, or contact the Inman Wellness Center for registration information. Students must complete the online portion of the course prior to attending the field day.

The **online course** is accessed by links at:

<http://kdwpt.state.ks.us/news/Services/Education/Hunter/Internet-assisted-Course>

Each student will be issued a pre-test over the online materials. **Register early in order to complete online quizzes prior to class. CLASS SIZE IS LIMITED.**

Cost: FREE

LUNCH WILL BE PROVIDED

Inman Santa Fe Days Fun Run/Walk

Join the Inman Recreation Commission/
Wellness Center for our annual 5K,
2 mile Run/Walk, and 1 Mile Challenge. . .

When: Saturday, September 28th

Day of Registration begins: 7:30am

Location: Inman Depot

Race Begins: 8am



BUILDING HEALTHIER, MINDS, BODIES, AND SPIRITS!
Inman Recreation and Wellness Center

Pre-register to save and get your Fun Run T-shirt!

Pre-register at the Inman Wellness Center

REGISTRATION FORM ATTACHED OR AVAILABLE AT THE WELLNESS CENTER

OPEN GYM

Sunday, November 24th thru
Sunday, March 1st

High School gyms will be open Sundays
from 2-4pm





Youth Basketball

BOYS AND GIRLS BASKETBALL LEAGUE(2ND-6TH Grade)

Season consists of weekly regular season games in December and January.

PLEASE REGISTER BY OCTOBER 20TH

FEE: \$48.00

TINY TEUTONS BASKETBALL (4 YRS TO 1ST GRADE)

4-Kindergarten: Introduce participants to the game of basketball. This program will allow them to run, shoot, play as a group, scrimmage, and learn the basic fundamentals of the game.

1st grade: Continue to teach the fundamentals of the game as well as work on play in game situations.

ALL SESSIONS WILL TAKE PLACE AT THE ELEMENTARY SCHOOL GYM

6 weeks for \$35 (Inman Wellness Center Members will receive a \$10 discount)

SESSION DATES TO BE DETERMINED. WATCH FOR ANOTHER EMAIL COMING SOON!



MEN'S BASKETBALL LEAGUE

Find your old teammates and/or friends and form your team today for our men's basketball league.

TEAM REGISTRATION: \$250 (8 TEAM MAX)

E-mail inmanwellness@iwc-irc.org if you are interested in having a team.

GAMES WILL BE ON SUNDAY EVENINGS BEGINNING JANUARY 5TH.

CPR COURSE

Date and Time: Wednesday, October 16th 6-9pm

Cost: FREE (\$10 refundable deposit to reserve your spot in the class)

CPR/AED Class for Adults, Children, and Infants.

Participation in the class is on a first come, first serve basis.

The class is 2.5 to 3 hours long and includes the use of a manikin set per person, all consumables, and a certificate card good for 2 years.

Women's Self Defense

Sponsored by Inman Police Department and presented by McPherson County Sheriff's office.

Instructor Sheriff Jerry Montagne

Date: September 16th, 2019

Time: 6:30pm

Location: Inman Wellness Center

Ages: High School and up

Cost: Free will donation will be accepted for McPherson County K-9 unit



FITNESS CLASSES AVAILABLE WITH MEMBERSHIP

ADD VARIETY TO YOUR WORK OUT AND JOIN US FOR CLASSES AT THE WELLNESS CENTER. . .

Monday, Wednesday, and Friday

- **Keeping Fit at 7am**

This group meets at 7:00am Mon., Wed., Fri. Join the group for fun walking videos while enjoying wonderful conversation. Perfect for 50+, but anyone is welcome.

Monday and Wednesday

- **Indoor Cycling at 4:30pm**

A 45 minute to an hour class that replicates the terrain of outdoor cycling by varying the resistance of the bike. We bike to varying types of music and get an incredible workout.

Tuesday and Thursday

- **Zumba at 5:15am**

Get up and get energized with this workout that combines dance choreography with aerobic moves. The Latin rhythms used in this work keep your heart rate up while toning those trouble spots, all while having a great time!



REVELATION
WELLNESS®

LOVE GOD. GET HEALTHY. BE WHOLE. LOVE OTHERS.

This class is a faith based and God-centered fitness class that includes a combination of cardio, strength, flexibility, and balance exercises. Great for all ages!

Class times to be determined. Email inmanwellness@iwc-irc.org if interested so we can let you know when times are determined

Add a little extra to your workout with these FEE based classes!



"The Fascinator™ Rolling Class"

CLASS FEES

Session Member Fee: \$28 for 1 class per week; \$56 for two-three classes per week

Session Non-Member Fee: \$42 for 1 class per week; \$70 for two-three classes per week

14 WEEKS OF ROLLING CLASS!!

Class requires the additional purchase of a Fascinator Roller from Heather.

With Certified Instructor: Heather Schmidt

Wednesday evenings from 7-8:15PM

Tuesday/Thursday mornings 8:15-9:30AM

We will officially start the week of August 27 and will go thru December 4th--with no classes Thanksgiving Week.

14 WEEKS OF ROLLING!!

Come learn the method of self-myofascial release. This method has proven results to reduce inflammation, chronic pain, and improve range of motion of all your joints!

Fascia is now the most studied tissue in human movement science. Fascial restrictions are the root cause of the most common aches and pains associated with aging and wear and tear. If you take care of your fascia your fascia will take care of you!

*****Make sure to bring water bottle to class and wear workout type clothing!**

H.I.I.T IT WORKOUT

H.I.I.T is a total body conditioning class that incorporates high intensity interval training and weight training. Participants will burn fat while increasing their metabolic rate, sculpt muscles with weighted exercise, and HAVE FUN!!

MONTHLY FEES for Fall-Winter Session

Member: \$20.00; Non-Member: \$30.00

CLASS MEETS EVERY SUNDAY AT 6:30pm

INSTRUCTOR: Ashley Wiens