

Facilities & Locations

Facility	Location	Size
Citizens Community Center (3C'S)	515 N. Main Ave	11,000 Sq. Ft.
Centennial Park (CP)	1001 Timberlane Dr	30.2 acres
Berhow Park (BP)	509 1/2 E. 5th St	6.6 acres
Memorial Park (MP)	114 S. Main Ave	0.4 acres
Nord Kalsem Park (NK) and Community Center (NKCC)	104 W. 5th St	3.9 acres
Railroad Park (RP)	100 W. Railway St	1.4 acres
Trailridge Park (TP)	411 S. 560th Ave	0.9 acres
Larson Family Sports Fields (LFSF)	1030 Timberlane Dr	7 acres
Prairie Ridge Park (PRP)	511 E. 1st St	1 acre
Heart of Iowa Nature Trail	Enter the trail at Kempker's True Value or Railroad Park	
Huxley Safe Room (HSF)	515 N. Main Ave	4,000 Sq. Ft.

3C'S FITNESS CENTER MEMBERSHIP RATES:

	Huxley Resident		Non-Huxley Resident	
	Annual	Six Month	Annual	Six Month
Family	\$381.19	\$228.72	\$401.25	\$240.75
Couple	\$317.66	\$190.73	\$334.38	\$200.63
Adult	\$235.07	\$158.83	\$247.44	\$167.19
Student	\$142.31	\$101.65	\$149.80	\$107.00
Senior (60+)	\$88.95	\$57.17	\$93.63	\$60.18
Sr. Couple (60+)	\$127.06	\$82.59	\$133.75	\$86.94
Walking	\$95.29	\$63.54	\$100.31	\$66.88
Daily Pass (14+)			\$5	
Daily Student Pass (8-13 yrs)			\$4	
Daily Senior Pass (60+)			\$2	
College Student Summer Pass (6/1-9/1) Full-time students ages 18-25			Huxley \$38.12	Non-Huxley \$40.13
College Winter Pass (12/1-2/1) Full-time students ages 18-25			Huxley \$25.41	Non-Huxley \$26.75



SPRING 2019

PROGRAM GUIDE



Fitness Center Hours:

Winter: Labor Day-Memorial Day

Mon-Fri	5:00am-9:00pm
Saturday	7:00am-8:00pm
Sunday	9:00am-7:00pm

Summer: Memorial Day-Labor Day

Mon-Fri	5:00am-8:00pm
Saturday	7:00am-4:00pm
Sunday	7:00am-4:00pm



Phone: 515.597.2515

Website: www.huxleyiowa.org

Email: parksandrecinfo@huxleyiowa.org

Facebook: Huxley Parks Recreation



C.S.I. (18 years & older) \$62/\$77
 Cardio, Strength, Interval is a total body workout that will challenge your body to the next level of fitness improving cardiovascular fitness, muscular strength, endurance and core. Class instructed by Heather Denger.
 3C's M/W/F 2/25-5/24 5:15-6am Reg by 2/22

Strength Training For Older Adults \$32/\$47
 This class is for the older adult that wants to grow stronger, healthier, more active and more independent. Mondays and Wednesdays will be Strength & Cardio Group Exercise Classes, and Fridays are focused on cardio, core and balance. Class instructed by Heather Denger
 3C's M/W/F 2/25-5/24 9-10am Reg by 2/22

Boot Camp (18 years & older) \$54/\$69
 Challenge your fitness in this class. Strength, Cardio and Core drills to keep your muscles guessing! Class instructed by Heather Denger.
 3C's T/TH 2/26-5/23 5:15-6am Reg by 2/22

TRX Fusion (18 years & older) \$54/\$69
 This circuit style workout uses TRX Suspension Trainers, medicine balls, hand weights, plyometric boxes, heavy ropes and other modalities to give you an amazing workout. Class instructed by Heather Denger/Tonya Becker.
 3C's T/TH 2/26-5/23 11:45am-12:30pm Reg by 2/22
 3C's T/TH 2/26-5/23 6-6:45pm Reg by 2/22

Kick & Crunch (18 years & older) \$34/\$49
 Kick and Punch your way through an amazing cardio kickboxing workout paired with 10-15 minutes of core work. Class instructed by Heather Denger.
 3C's SA 3/2-5/25 8-8:45am Reg by 2/22

Yoga-Pilates Fusion (18 years & older) \$34/\$49
 The perfect blend of Pilates and Yoga to emphasize strength, balance and flexibility. Build your core strength, elongate your muscles, burn some calories and calm your mind all in one workout! Class instructed by Heather Denger.
 3C's SA 3/2-5/25 9-9:45am Reg by 2/22



FITNESS ON DEMAND—Free for Members
 Pick your choice of hundreds of group exercise options on our virtual reality system in the group exercise room. Cycle, Strength, Core, Yoga, Cardio, Kickboxing, and more are available at the touch of your finger. Classes are accessible anytime there are no group classes being offered.

SCHEDULED FITNESS ON DEMAND CLASSES:
 INDOOR CYCLING M/W 6-6:45pm
 YOGA T/TH 9-9:45am
 PILATES T/TH 7-7:45pm

Tae Kwon Do (6 years & older) \$60/session
 This class will provide a safe and fun environment for participants while learning about themselves and others through Tae-Kwon-Do. Participants must register at Martial Arts of America located in Ankeny (515-963-3494) or stop in during a class at 3C's. Join at anytime.
 HSR T/TH 8 wk session 6:30-7:30pm Reg Anytime

Adult Basketball League \$300/\$350/Team
 Spring Men's Adult Basketball. This recreational league is open to anyone over 18 and graduated from high school. Games will start each Sunday at 1pm. The season will be 10 weeks long including tournament. Minimum of 6 teams; maximum of 12 teams. No late registrations accepted. Managers meeting will be held on March 28 at 6pm at 3C's. Wednesday night games begin at 6pm.
 3C's SU/W 4/7-6/9 1-7pm Reg by 3/25
 *No games 5/12

City Wide Garage Sale \$8
 One person's junk is another person's treasure. Come one, come all to this exciting day of garage sales throughout Huxley. Registration forms can be found online at www.huxleyiowa.org or at the 3C's.
 Huxley SA 5/11 8am-Noon Reg by 5/4

Lunch & Learn (Sponsored by Subway) Free
 Join us for lunch, and while you are enjoying your meal, learn something from one of our guest speakers. Please call the 3C's for information on guest speakers each month. Lunch is sponsored by our local Subway.
 3C's M 3/11 Earl May Greenhouse 11:30am
 3C's M 4/8 Stallie's Sweets/Bakery 11:30am
 3C's M 5/13 Wild Birds Unlimited 11:30am

Easter Egg Hunt (2-8 yrs) Free
 Grab the kids and enjoy an Easter Egg Hunt at Centennial Park. Ages 2-3 will gather around the tennis courts for their hunt, ages 4-5 will gather at the south baseball diamond and ages 6-8 will gather around the north diamond. Starting times will be staggered beginning at 11am.
Event sponsored by Kris Gardner Real Estate.
 CP S 4/20 11:00am

Managing Your Diabetes Free
 Diabetes self-management education is a proven intervention for people with diabetes or pre-diabetes. This six week program is an evidenced-based curriculum shown to empower individuals to take charge of their diabetes, avoid complications from the disease, and improve self-management skills. To register contact Amy at Community Health Partners at 515-512-9225 or amy.merschbrock@my-chp.com. Class instructed by Susie Roberts.
 HSR W 5/22-6/26 10:30am-Noon

**** WIGGLE ON WEDNESDAY ****
 for pre-school children from 10am-12noon
 Cost: \$1.00/child
 Come play on the new bounce house, play soccer or basketball or just run around and release some energy.



Soccer (3-8 years) \$37/\$52
 This recreational league will emphasize sportsmanship, education and the development of soccer skills. Practices start the week of April 9. Games begin the week of April 15. Coaches meeting will be held Thursday, April 4 at 6:00 pm, at the 3C's.
 LFSF 3-4yrs M 4/15-5/20 5:45-6:45pm Reg by 4/1
 LFSF 5-6yrs T 4/16-5/21 5:45-6:45pm Reg by 4/1
 LFSF 7-8yrs TH 4/18-5/23 5:45-6:45pm Reg by 4/1

Bam Bam Baseball (3-4 years) \$27/\$42
 A fun version of baseball that uses a large plastic bat and a large rubber ball. No score is kept, everyone is a winner. Games are held on Saturday mornings and last approximately 45 minutes. Program is instructed by volunteers. If interested in volunteering please contact the Huxley Parks and Recreation office at 597-2515.
 NKBF SA 5/4-6/8 8:30am-Noon Reg by 4/21
 No Games 5/25

Youth Tennis (5-13 years) \$57/\$72
 Join us for our youth tennis program. Participants will learn the rules and gain a better understanding of the game of tennis. The basic fundamentals of tennis will be taught in this beginner level program. Program instructed by Matt Fjelland. Participants must bring their own racket.
 BHTC 5-7yrs SA 4/27-6/8 8-9am Reg by 4/29
 BHTC 8-10yrs SA 4/27-6/8 9-10am Reg by 4/29
 BHTC 11-13yrs SA 4/27-6/8 10-11am Reg by 4/29
 No Class 5/25

Girls on the Run (3rd-5th Grade Girls) \$150/\$75/\$25
 Girls on the Run is a physical activity-based positive youth development program dedicated to creating a world where every girl knows and activates her limitless potential. Meeting twice a week in small teams girls are taught life skills through engaging lessons and running activities. Teams will create a community service project to demonstrate the strength that comes from helping others. Finally the class concludes with a fun 5k running event in Des Moines. Fees: Free Lunch \$25, Reduced Lunch \$75 & Full Lunch \$150.
 3C's M/TH 2/18-5/14 3:15-4:45p Reg by 3/9

Heart & Sole (6th-8th Grade Girls) \$150/\$75/\$25
 The Heart & Sole curriculum was developed by Girls on the Run International to meet the unique needs of middle school girls. Rich with themes girls can relate to, the curriculum addresses the whole girl-body, brain, heart, spirit and social connection while building important life skills. Heart & Sole is accessible regardless of athletic ability or fitness level and considers the range of ages and varied experiences of middle schoolers. Finally the class concludes with a fun 5k running event in Des Moines. Fees: Free Lunch \$25, Reduced Lunch \$75 & Full Lunch \$150.
 3C's M/T 2/18-5/14 3:15-4:45p Reg by 3/9

LATE FEE NOTICE! Registrations submitted after the register by date will be charged an additional \$5.