

# **TCC Newsletter**

**Hours of Operation: Mon-Thurs: 6a-9p; Friday: 6a-6p; Saturday: 8a-6p; Sunday: 1p-6p**

**The Trussville Civic Center**

**July 2019**

## **NOTICE**

**Trussville Civic Center is  
updating  
Membership Information,  
Policies and Procedures.**

**In the coming weeks we will  
require all adult members  
(18+) to complete and sign the  
updated agreement during  
their next visit.**

**All Children 12 and  
under must have an  
adult  
present in the building  
NO  
DROP-OFFS**



# Flag Football

Registration has begun for Fall Flag Football. Registration will end August 11. The cost is \$115 per player with a \$10 discount for multiple kids per family. The discount is only good at in person registration. You may register in person anytime at the Civic Center (5381 Trussville Clay Road). Evaluations will take place on the Athletic Center Field(601 parkway drive) as follows:

## **Monday August 12**

6pm 6u  
7:30pm 12u

## **Tuesday August 13**

6pm 8u  
7:30pm 14u

## **Wednesday August 14**

6pm 10u

Practice will start Monday August 19 and games will start Thursday September 5. Games will be played Thursdays and Saturdays at the Middle School and the Athletic Center Field.

For more info call Zach Manning@508-5666 or email me [zmanning@trussville.org](mailto:zmanning@trussville.org)

Thanks!

# ***TRUSSVILLE CIVIC CENTER***

## ***GROUP EXERCISE***

### **JULY 2019**

#### **CLASS SPECIALS**

**JAZZERCISE INTRO OFFER!**  
**10 DAYS OF UNLIMITED CLASSES FOR**  
**\$39!!**

**HURRY! Offer expires August 16.**



## **Descriptions**

### **Class**

#### **Jazzercise**

Both the Morning 9am and 5:30pm Jazzercise program offer cardio, strength training and a cool down to maximize results! Beth Gilbert and Ricardo Thomas welcome all fitness levels to the program and offer community support. Monday/Tuesday/Thursday 5:30pm; Monday/Tuesday/Thursday/Saturdays 9:00am; Upper Aerobics Room. Monthly EFT plans available. Drop-Ins \$5.

Join us for Strike, Fusion, Core, Dance Mixx and Strength Classes. Reshape of your body with the NEW Jazzercise today! **Call or text Beth Gilbert at 205-966-9893 or [www.jazzercise.com](http://www.jazzercise.com)**

**EW Yoga** Monday & Wednesday 9am, Cahaba Tower \$60 per month. Drop-ins \$10.

**Contact 205-655-1009 for more information.**

#### **Rest and Renew Yoga with Kym**

Wednesday nights 6:00-7:00 pm Cahaba Tower Room

Join Kym in a reprieve from the frantic pace of modern life. So often we power through each day on auto pilot, moving through the motions without experiencing the depth of existence. This class invites participants to slow down; listen to the needs of the body and cultivate the intuition of the mind. Utilizing mindful meditation, harnessing the energy of breath and exploring the resilience of the body through gentle, restful poses. Class will incorporate the use of props and is accessible to practitioners of all levels.

Cost is \$10.00 per class. For more information contact Kym Brown at [daisy4kym@yahoo.com](mailto:daisy4kym@yahoo.com)

## **Trussville Martial Arts** – Akayama Ryu Jujutsu, Judo, and Aikido

Monday and Thursday – Beginners Class from 6:30pm – 7:30pm

Monday and Thursday – Advance Class from 7:30pm – 8:30pm

You are invited to participate in a **free** week of the beginner's classes. Lots of fun, good workout, while you will learn self-defense (Beginners are welcome to participate in the advance class). Classes held at the City of Trussville Athletic Center, 601 Parkway Dr. 35173 Cost: \$50 a month

**For more information contact Richard Worthington at 601-8039 or 655-9478**

## **ZUMBINI.... The Ultimate Parent/Child Bonding Experience**

Created by Zumba and BabyFirst, Zumbini is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill and emotional development for children ages 0-4, all while creating the ultimate bonding experience for you and your child!

**Visit [Zumbini.com](http://Zumbini.com) for class schedule and details!**

## **MIND BODY YOGA In-Exhale to Health with Wayne**

Tuesday 5pm-6pm; Thursday 7pm-8pm Cahaba Tower.

There is always something to be gained from yoga, even if it's only the physical you're after. Just linking your breathe to yoga movements has its own rewards, improving balance, strength and flexibility. It's also an opportunity to bring mind body and spirit together and release your practice from the mat into a clearer, less stressful, more energetic lifestyle. Stepping stones for a unique perspective of wellness that works, both inside and out.

Interested? Come join us on Tuesdays at 6:00 pm and Thursdays at 7:00 pm and get to know this fun group, your instructor Wayne, and your "self" better. No equipment, no experience? No problem! Mats and props included. Beginners, seasoned yogis, everyone welcomed!

\$60 per month

Drop-Ins \$10 - or bring a friend, 2 for \$18

Special intro offer: \$40 for your first month

**For more info contact Wayne Atkinson, RYT, BSN, Exercise Physiologist  
at [wayneda12@aol.com](mailto:wayneda12@aol.com)**

# July 2019

## Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM						
7:00AM						
8:00AM						
8:30AM 9:00AM	EW Yoga  Jazzercise-NEW CLASS	Jazzercise	EW Yoga  Zumbini	Jazzercise		Jazzercise
9:30AM						
10:00AM						
10:30AM		Zumbini				
11:00AM						
11:30AM 12:00PM 12:30PM			Zumbini			
1:00PM						
2:00PM						
3:30PM						
4:00PM						
4:30PM		Yoga-4:45				
5:00PM						
5:30PM	Jazzercise	Jazzercise		Jazzercise		
6:00PM			Rest and Renew Yoga with Kym			
6:30PM 7:30PM	*Jujitsu Cardio Kickboxing			Yoga-7pm *Jujitsu		6

\*Classes at Athletic Center—601 Parkway Drive