



Linn State Technical College Activity Center

January 1 - May 1, 2013



*Les Mills BodyPump™
coming soon!*

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BODYPUMP™ is enjoyed by millions of people around the world!

A TYPICAL CLASS:

- Improve your strength
- Perform 70-100 repetitions per body part totaling up to 800 repetitions in a single workout
- Improve your general fitness
- Shape and tone your muscles
- Protect your bones and joints from injury
- Get into shape fast
- Feel confident

*Watch for launch dates at
www.linnstate.edu/activity/
or call the Activity Center front desk.*

Membership Types

Membership Type	Monthly Rate (Bank Draft)	Joining Fee (Bank Draft option only)	Month to Month	Annual Rate
Family	\$42	\$75*	\$57	\$425
Single Parent Family	\$32	\$50*	\$47	\$375
Adult	\$30	\$50*	\$45	\$325
Senior Couple	\$27	\$50*	\$42	\$270
Senior Adult	\$20	\$50*	\$35	\$210
Non-LSTC Student	\$25	\$50*	\$40	\$295

**Call or stop by to find out how you can get the joining fee waived.*

**The Joining Fee is a one-time fee as long as your membership doesn't expire for more than thirty days.*

**There are no joining fees on Annual Memberships.*

DAY PASS - \$5

FACILITY FEATURES

- Gymnasium with three full size basketball courts
- 1/10 Mile Indoor Track
- Men's Locker Room
- Aerobics area
- Lounge area
- Multipurpose Room
- Lighted and paved areas on campus for walking/running
- Fitness Center
- Women's Locker Room
- Indoor Archery Range (20 yards)
- Wi-fi area
- Storm Shelter

INCLEMENT WEATHER

If the Linn Public Schools are cancelled all day, the facility will not open until 8 am and morning classes at the Activity Center will not meet. Should the roads be hazardous at the scheduled Activity Center opening time and a decision has not been made by the Public Schools, LSTC reserves the right to postpone the facility opening time. Please call 897-5300 for cancellations. All other cancellations will be made by 3:00 p.m.

One Technology Drive
Linn, Missouri 65051
573-897-5300 • www.linnstate.edu

Activity Center Contact Information

Aaron Grefrath, Activity Center Director 897-5300
Nicole Nilges, Student Activities Coordinator... 897-5128
Activity Center Front Desk..... 897-5300
Activity Center Fax..... 897-5305

Facility & Holiday Hours

September 1 – May 31

Monday - Thursday – 5:00 am - 10:00 pm
Friday – 5:00 am - 9:00 pm
Saturday – 7:00 am - 5:00 pm
Sunday – 10:00 am - 6:00 pm

June 1 – August 31

Monday - Thursday – 5:00 am - 10:00 pm
Friday – 5:00 am - 9:00 pm
Saturday – 7:00 am - 5:00 pm
Sunday – 10:00 am - 6:00 pm

INDOOR ARCHERY

Indoor Archery is open to persons of all ages.
Children under 16 years of age must be accompanied by a parent/guardian at all times.



RANGE HOURS *January 7 - March 28*

Monday 4:00 - 9:00 p.m.
Wednesday 4:00 - 9:00 p.m.*
Thursday 4:00 - 9:00 p.m.*

* **Weekly Youth and Adult Shoot Competition** - Grab your bow and compete with other shooters on Wednesday or Thursday evenings. This competition is open to anyone interested(see age limitations above). No sight or stabilizers restrictions. This is a great opportunity to win prizes. *Minimum ten shooters per night for prizes.* **Please note: Range will still be open for public use during normal range hours.**

ARCHERY FEES

Admission: \$1 LSTC Students
\$2 Activity Center Members
\$3 Non-Members

Monthly Unlimited Archery Pass:
\$10 Activity Center Members
\$15 Non-Members

Fees include free equipment usage or bring your own!

Please note: All personal equipment must be secured in a soft or hard carrying case.

For a complete list of archery rules please stop by the front desk or view them online at www.linnstate.edu/activity/programs.php

ARCHERY RANGE RENTALS

Are you looking for a unique way to have some fun? The Archery Range is a great place for birthday parties, scout gatherings, schools, corporations looking to build team work outside of the office and much more! Two hour rental includes certified staff and equipment rental. Call today to book your next event. A minimum two weeks notice is required.

Rental Fee: \$50 for a group of 10 or less
\$80 for a group of 11-20



MARTIAL ARTS – AGES 5 & UP – MONTHLY CLASSES!

Certified instructors from Grand Master Han's Martial Arts Academy teach the Youn Wha Ryu Taekwondo system. Along with your physical training you will increase your confidence and leadership skills, as well as enhance your concentration and focus. All of Grandmaster Han's Martial Arts Academies are founded under the same six principles: Be Polite, Be Patient, Be Alert, Be Brave, Do Your Best, Respect Yourself and Others. Class size is limited to a maximum of 12 students. Sign up today!

Class Days: Every Wednesday & Saturday (See Instructor for Saturday dates)

Class Times: Wednesday: 6:00-6:30 pm (Ages 5-8)
6:30-7:30 (Ages 9 & up)
Saturday: 9:00-9:45 am (Ages 5-8)
9:45-10:30 (Ages 9 & up)

Location: Activity Center – Lower level

Participant Monthly Fee

(1 participant): \$45 - Activity Center Members
\$55 - Non Members

Multi-Family Monthly Fee

(2 participants): \$40/Participant - Activity Center Members
\$50/Participant - Non-Members

(3 or more participants): \$35/Participant – Activity Center Members
\$45/Participant – Non-Members

CORPORATE MEMBERSHIPS ARE AVAILABLE!

Do you own or manage a local company & are looking for ways to improve your personnel's overall health and well-being? Research studies have shown that employees who exercise on a regular basis reduce absenteeism, become more productive, reduce use of health care benefits and increase overall morale and loyalty. Find out how your company can benefit from this program by calling Aaron Grefrath at 897-5290.

YOUTH BASKETBALL

YOUTH BASKETBALL TOURNAMENT (4th – 8th Grade)

Mark your calendar for our upcoming tournament. Grades 4 – 8 will be accepted. Double elimination format will be used. Medals will be given for the top two teams in each division. Separate brackets for boys and girls.

Event: Boys Tournament – January 26 & 27, 2013

Registration Deadline: January 14

Team Cost: \$75 per team

Daily Admission: \$1 Ages 6 -12
\$2 Ages 13 & up



JASON OTTER BASKETBALL CAMPS

We are pleased to announce Jason Otter will be returning to the Linn State campus the week of June 24th to offer three different basketball camps.

They will offer the Point Guard Elite Camp, Explosive Guard Camp and a Shooting Camp. For more information visit www.otterbasketball.com

ADULT BASKETBALL

ADULT 3 ON 3 BASKETBALL TOURNAMENT

Sign up for the LSTC Adult 3 on 3 basketball tournament. Double elimination format will be used. Male and Female divisions will be used. Get your team together and join us for a day of fun!

Event Date: Saturday, March 23

Registration Dates: January 7 – March 18

Team Cost: \$50 per team

If you're looking for something hot and satisfying, the Orbit Lounge is the place to be! We have a great-tasting menu for you to choose from -- Hamburgers, Grilled Chicken, Fries & more! Plus now, for a limited time, when you buy a Hot Pretzel, you'll get a second one for



HALF PRICE
in the
Orbit Lounge

HALF PRICE HOT PRETZEL

Buy a hot pretzel and get a second one for half price!

Good thru 05-31-13 only. Not valid with any other offer.
Offer valid with coupon only.

YOUTH VOLLEYBALL

YOUTH VOLLEYBALL LEAGUE (3rd – 6th Grade)

Have fun with your friends and learn the game of volleyball! Get your team ready for this exciting league. *Practice times and shirts included!*

Registration Dates: January 4 - February 7

Program Dates: February 25 - April 1

Game Nights: Mondays

Team Fees: \$140 per team

YOUTH VOLLEYBALL CLINIC (3rd – 6th Grade)

Does your son or daughter want to learn more about the game of volleyball? Register now to learn how to serve, set, bump, dig and much more!

Registration Dates: January 7 – April 7

Program Dates: April 8 – April 29

Clinic Nights: Mondays

Times: 5:45-7:15 pm (Grades 3rd -4th)
7:30-9:00 pm (Grades 5th & 6th)

Fees: \$22 Activity Center Members
\$24 Non-Members

ADULT VOLLEYBALL

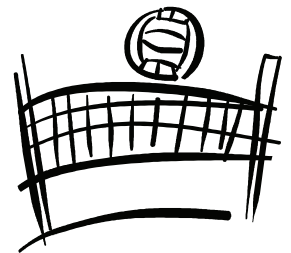
ADULT CO-ED VOLLEYBALL TOURNAMENT

Join us for our upcoming adult volleyball tournament. Round robin then seeded tournament format will be used. T-shirts will be given for the winner in each division.

Event: Adult Volleyball Tournament – April 20

Registration Dates: February 1 – April 8

Team Cost: \$125 per team



EMPLOYMENT AT THE ACTIVITY CENTER

The Activity Center is currently looking for fitness minded individuals who are interested in teaching classes.

If you are interested in teaching a Youth Dance Class, Yoga, Fitness Class or a certified Personal Trainer, call Aaron Grefrath at 897-5290 to learn how you can join the LSTC team.



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BOOT CAMP FITNESS

This Boot Camp Fitness class is designed to challenge your current strength and conditioning levels. Sessions may be held indoors and outdoors, weather dependent. All fitness levels from beginner to advanced are encouraged to participate. There is a maximum of 24 participants in each class.

Session Dates:

- Winter Session II:** January 8 – February 14*
- Winter Session III:** February 19 – March 28*

Class Days: Tuesday and Thursday

- Class Times:** 4:30-5:25 p.m.
6:00-6:55 p.m.
7:05-8:00 p.m.

* Please note: Once BodyPump™ starts Boot Camp Fitness will be discontinued.

Session Fees: Free Activity Center Member
\$24 Non-Members

PERSONAL TRAINING

Achieve your fitness goals with a certified Personal trainer. Our Personal trainer's can help you meet your goals by designing programs to meet your specific needs. Whether you have weight to lose, want help getting your program started, need to change your current program, prepare for a sport specific event or just need the motivation, our trainers can help design a safe and effective program for you. Participants must be at least 12 years of age or older.

Fees:	<u># of Sessions</u>	<u>Individual</u>	<u>Two Person Rate</u>
	1-10	\$30/Session	\$25/Person/Session
	11-20	\$25/Session	\$20/Person/Session
	21+	\$22.50/Session	\$17.50/Person/Session

Call Aaron Grefrath at 897-5290 to schedule your appointment.

Personal Training Participant Guidelines

1. All sessions must be paid in advance.
2. Sessions purchased are good for 90 days. Any unused sessions will be forfeited and refunds will not be given.
3. Clients must sign off for each session.
4. Clients will be charged for a scheduled session, if not cancelled 24 hours in advance.
5. Be early for your appointment, in your workout attire and ready to workout.
6. If you arrive late, we will not be able to guarantee an extended appointment time.
7. If participant is unable to complete training session due to medical reasons, he/she may be relieved of obligation of making payment for services. Medical documentation must be submitted to the Activity Center Director. Refunds will not be given for any claim made 30 days after cancellation of services.