

Carter Lake Newsletter

Spring will be here soon, which brings many outdoor activities that we all like to do. The new bike and walking trails are in place. Please take time to check them out. We now connect with Omaha’s trail system. Keep in mind, we share the roads with cyclists in some areas. Our maintenance department is preparing the parks and the ball fields for the upcoming baseball season. We have some seasonal part-time positions available. Stop in or call City Hall if you are interested in joining our team.

The City provides a cost-free way to help keep your property clean. We do this twice a year on City Wide Cleanup Day. Place your items on the curb and the trash contractor does the rest. Our Spring cleanup is scheduled for Saturday, May 17. Please take advantage of this service, it is very easy and helps the whole community.

One of my main priorities is public safety. The call volume over the past couple of years has increased, therefore, we decided this year to add one more staffed EMT to the Fire Department. This will ease the load of the volunteers. Currently, we have a day shift EMT and now with the new EMT this will cover the late shift for our city. This will speed up the response time for emergency calls. Our Police Department is adding new tools and programs to help better serve the citizens. Remember, if you want to serve your community both the Police and Fire Departments have volunteer opportunities and could use your help to keep our city safe.

I just want to take this time to thank all our volunteers. We have a talented group that goes beyond to help operate all parts of the community. We are incredibly lucky to have you!

Sincerely Mayor, Ron Cumberledge

Friendly reminder, City Wide cleanup is coming up and abatement notices will be sent out by the police department.

Carter Lake Code of Ordinances Chapter 143 Junk and Junk Vehicles States: “Junk” means all old or scrap copper, brass, lead, or any other non-ferrous metal; old or discarded rope, rags, batteries, paper, trash, rubber, debris, waste or used lumber, or salvaged wood; dismantled vehicles, machinery and appliances or parts of such vehicles, machinery or appliances; iron, steel or other old or scrap ferrous materials; old or discarded glass, tin ware, plastic or old or discarded household goods or hardware. Neatly stacked firewood located on a side yard or a rear yard is not considered junk.

143.02 JUNK AND JUNK VEHICLES PROHIBITED. It is unlawful for any person to store, accumulate, or allow to remain on any private property within the corporate limits of the City any junk or junk vehicle.

143.03 JUNK AND JUNK VEHICLES A NUISANCE. It is hereby declared that any junk or junk vehicle located upon private property, unless accepted by Section 143.04, constitutes a threat to the health and safety of the citizens and is a nuisance within the meaning of Section 657.1 of the Code of Iowa. If any junk or junk vehicle is kept upon private property in violation hereof, the owner of or person occupying the property upon which it is located shall be prima facie liable for said violation.

City of Carter Lake

950 East Locust Street
Carter Lake, IA 51510
Phone: (712) 347-6320
Fax: (712) 347-5454

Website: www.cityofcarterlake.com

Did you know you can view city council meetings via YouTube? Find VIDEO on the city website and it will open the YouTube channel.

MAYOR

Ron Cumberledge (712) 847-0532

CITY COUNCIL

Jason Gundersen (402) 680-6555

Victor Skinner (402) 658-1813

Jacob Hanika (402) 690-8847

Jackie Wahl (402) 679-2116

Aaron Grell (402) 677-3631

DEPARTMENTS

Animal Control (402) 658-1722

Building Inspector (712) 347-6320

City Hall (712) 347-6320

Community Center (712) 847-8565

Library (712) 347-5492

Maintenance (712) 347-5952

Parks (712) 847-8565

Police (712) 347-5920

Stormwater concerns (712) 347-6320



**SATURDAY
MAY 17th**

CARTER LAKE



RESIDENTIAL CITYWIDE CLEAN-UP

Trucks will make one pass through town, Please have all acceptable waste on the curb by 6 a.m. Saturday, MAY 17, and leave it on the curb until it has been picked up.

ITEMS NOT ACCEPTED

- **Construction - Demolition materials** (bricks, stones, concrete, concrete block or rubble, shingles, lumber, landscape timbers, siding, and drywall).
- **Liquids** (motor oil, antifreeze, paint, and household chemicals). Some service stations accept motor oil for recycling.
- **Hazardous materials** (flammables, propane tanks, auto parts, explosives). Auto parts should be taken to an auto salvage yard. Propane Tanks and Hazardous Materials may be dropped off to the Recycling Center, 4441 Gifford Road, C.B.
- **E-Waste (electronics)**. Recycle items at the Recycling Center at 4441 Gifford Road, Council Bluffs. Electronics including cell phones, computers and monitors, copiers, DVD players, game systems, laptops, printers, tablets, televisions, etc. can be recycled at the Recycling Center for just **\$0.35/lb**

ITEMS ACCEPTED

*non inclusive

- Trees, shrubbery, carpet, fencing, poles, iron, etc. must be cut in 4' lengths, bundled, and cannot weigh more than 50 pounds per bundle;
- Yard and Garden waste
- White Goods (Appliances) **MUST** be empty with doors removed; water heater, stove dehumidifier, freezer, air conditioner, TV.
- Furniture, household items, trash
- Empty paint cans will **ONLY** be accepted if the drivers can see that the paint is dried or absorbed with a substance like cat litter or saw dust.

NO TIRES!



QUESTIONS?

CALL

(712) 527-5910

SENIOR CALENDAR March 2025

Enjoy games, coffee & conversation M-F
10A-4P

Check out the Fitness/Rec schedules, too!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 BINGO 12:30P-2P	4	5 BINGO 12:30P-2P	6	7 BINGO 12:30P-2P	8 Masquerade Murder Mystery Dinner
9	10 BINGO 12:30P-2P	11	12 Hot Dogs & BINGO 12:00P-2P	13	14 BINGO 12:30P-2P	15 Fun Run & Corned Beef Fundraiser
16	17 BINGO 12:30P-2P	18	19 BINGO 12:30P-2P	20	21 Angel's Care BINGO 11:30A-2P	22
23	24 BINGO 12:30P-2P	25	26 BINGO 12:30P-2P	27 Entertainer BIRTHDAY NIGHT 5P-7P	28 BINGO 12:30P-2P	29
30	31					

SENIOR CALENDAR

April 2025

Enjoy games, coffee & conversation M-F
10A-4P

Check out the Fitness/Rec schedules, too!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 BINGO 12:30P-2P	3	4 BINGO 12:30P-2P	5
6	7 BINGO 12:30P-2P	8 BINGO NIGHT 5P-7P	9 BINGO 12:30P-2P	10	11 BINGO 12:30P-2P	12
13	14 BINGO 12:30P-2P	15 BINGO & Meal & Angel's Care 11:30-2P	16 BINGO 12:30P-2P	17	18 CLOSED FOR HOLIDAY	19 Children's Easter Egg Hunt
20	21 BINGO 12:30P-2P	22	23 BINGO 12:30P-2P	24 Game Night BIRTHDAY NIGHT 5P-7P	25 BINGO 12:30P-2P	26
27	28 BINGO 12:30P-2P	29	30 BINGO 12:30P-2P			



Carter Lake Public Library
Activities and Events

Visit our website for more in-depth event details: www.carterlakelibrary.org

**** Registration Required on our website or at the library, dates subject to change**

March 2025

Mon	Tue	Wed	Thu	Fri	Sat
WOMEN'S HISTORY MONTH	Youth Gaming Schedule: W&F: Elementary School T&Th: Middle/High School S: All Youth	Passive activities all month long: • Check out our scavenger hunts for kids and teens! • There's still time to sign up for the adult YEAR LONG Reading Challenge! Visit circulation. • Games, toys, and coloring are always available!	Herb of the Month & Canning Jar Ring Suncatcher Take & Make available While supplies last. This Month's herb is: Oregano		
Monday Mayhem: Canvas Painting 2:15-3:30PM	Family Storytime: 10:30-11:30AM	This Book Club is My Alibi** 6:00 PM	Alphabet Adventures Storytime 10:30-11:30AM Family Book Club** 5-6 PM		8
Monday Mayhem: Beaded lanyard 1:30-3PM	NO STORYTIME	Reading Feast: 3-5th Grade Book Club & Apple Pizza 4:15-5:15 PM	Alphabet Adventures Storytime 10:30-11:30AM	Make Pie: Pi Day Celebrations 2:30-4PM *PI DAY*	15
Monday Mayhem: St. Patty's Day Slime 1:30-3PM Trivia Night 6:00 PM	Family Storytime: 10:30-11:30AM	Hatch watch! Read to a Dog 4:30-5:30PM The 641 Club** 6:00 PM	Chick'n Storytime Tea Party! 10:30-11:30AM Hatch watch!	Adult Board Game Night with Spielbound** 6:00 PM	22
Youth Robot Obstacle Course: Fastest Wins All Week	Family Storytime: 10:30-11:30AM	Youth Drop-In Canvas Tote Bag Decorating 2-4PM	Alphabet Adventures Storytime 10:30-11:30AM	Youth Drop-In Playdoh Fun All Day	29
Monday Mayhem: March Madness Final Taste Test- 2:15-3:15PM					
31					

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Activities and Events

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April 2025

Mon	Tue	Wed	Thu	Fri	Sat
Libraries Work Because We Do NLWD National Library Week April 6-12	APRIL'S FOOL'S DAY! Storytime 10:30-11:30	Goodbye This Book Club is My Alibi: Breaking Creed By Alex Kava** 2 6:00 PM	Alphabet Adventures Storytime 10:30-11:30AM Family Book Club** 5-6 PM		5
Monday Mayhem: Peep diorama decorating	Storytime 10:30-11:30	Author Talk: Jacqueline King, Fantasy Fiction Magician Adventure Author 6:00 PM	Alphabet Adventures Storytime 10:30-11:30AM	Adult Board Game Night with Spielbound**??? 6:00 PM	12
Monday Mayhem: Squishy decorating 2-4PM	Storytime 10:30-11:30	Reading Feast: CYOA Book & Sundaes 3-5th Grade 4:15-5:15 PM The 641 Club** 6:00 PM	Easter Egg Hunt Storytime 10:30-11:30	CLOSED Good Friday	19
Monday Mayhem: Shrinky Dinks 2-4PM Peep Dioramas: due back at the library for display	Storytime 10:30-11:30 EARTH DAY	Read to a Dog 4:30-5:30PM	Alphabet Adventures Storytime 10:30-11:30AM	Just Craftin' Around: Yarn Birds** 12-1:30 PM	26
Monday Mayhem: Cards to Community Members & Button Maker 2-4PM Boozy Book Club** 6:00 PM	Storytime 10:30-11:30	Junk Journaling with Ms. Tracy** 5:30-6:30 PM	Programming Color Key: Adults Littles Youth Family	All Month Long: Scavenger Hunt Peep Diorama Contest! (Return By Monday, 21st) Bookmark Contest Art Take & Make: Poetry Survival Kit Herb of the Month: Tarragon	
28	29	30	23	24	25

Carter Lake Public Library

1120 Willow Drive, Carter Lake, IA 51510

Facebook: @carterlake library

Instagram: @carterlakepubliclibrary

www.carterlakelibrary.org

(712) 347-5492

Guess the baby and teen photos for us and CC

Monday - Friday: 10:00AM- 6:00PM Saturday: 10:00 AM-2:00PM Sunday: Closed

Follow us on social media for the latest library updates



LOCATION LEGEND:
 BLACK TEXT: GF ROOM
 BLUE TEXT: FITNESS ROOM

Winter

GROUP FITNESS CALENDAR

UPDATED 2/20/25

MON - FRI: 10A-7P
 SAT: 10A-4P
 JANUARY-MARCH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	BodyPump 5:15	Closed	BodyPump 5:15	Shapes 5:15	Closed	Closed	Closed
6:00 am	Closed	Closed	Closed	Closed	Closed	Closed	Closed
7:00 am	Closed	Closed	Closed	Closed	Closed	BodyPump 7:00am	Closed
8:00 am	Closed	Closed	Closed	Closed	Closed	Closed	Closed
9:00 am	Silver Sneakers 9:00	Closed	Silver Sneakers 9:00	Closed	Silver Sneakers 9:00	Closed	Closed
10:00 am							Closed
11:00 AM	Virtual Dance Virtual Sprint	Chair Yoga 11:00	Virtual Dance Virtual RPM	Chair Yoga 11:00	Virtual Dance Virtual The Trip		Closed
12:00 PM							Closed
1:00 PM							Closed
2:00 PM	Virtual BTM 2:30						Closed
3:00 PM							Closed
4:00 PM	Virtual BP 4:00	Mindful Meditation	Virtual BTM 4:00	Mindful Meditation	Virtual BP 4:00	Closed	Closed
5:00 PM		Chair Yoga 5:30	Virtual Grit/CORE 5:00	Pound 5:45	Yoga 5:30	Closed	Closed
6:00 PM	Self Defense 6:00	Yoga 6:30	Virtual BA/BC 6:00	BodyBalance 6:30		Closed	Closed

*Anytime a scheduled class is not occurring (black/red print) the Group Fitness room is

available for Les Mills On Demand Virtual Fitness. The Fitness room has LM Virtual available 24/7.



Winter

GYM CALENDAR

MON - FRI: 10A-7P
 SAT: 10A-4P
 JANUARY-MARCH

UPDATED 2/20/25

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 am		PICKLEBALL		PICKLEBALL		PICKLEBALL	CLOSED
11:00 am		PICKLEBALL		PICKLEBALL		PICKLEBALL	CLOSED
12:00 pm							CLOSED
1:00 pm						OPEN GYM/ PICK-UP BBALL	CLOSED
2:00pm						OPEN GYM/ PICK-UP BBALL	CLOSED
3:00 pm	POWERPLAY MONDAY					OPEN GYM/ PICK-UP BBALL	CLOSED
4:00 pm	POWERPLAY MONDAY					CLOSED	CLOSED
5:00 pm	YOUTH SPORT PRAC 5:30	PICKLEBALL	YOUTH SPORT PRAC 5:30	YOUTH SPORT PRAC 5:30	VOLLEYBALL	CLOSED	CLOSED
6:00 PM	YOUTH SPORT PRAC	PICKLEBALL	YOUTH SPORT PRAC	YOUTH SPORT PRAC	VOLLEYBALL	CLOSED	CLOSED

*Anytime a scheduled event is not occurring (black print) the gym is considered "open gym"

Yoga Formats



From Vinyasa flow to strength building and sampling other fitness formats, check out these yoga options:

- Flow Yoga with Ed:
 - Tues 6:30pm & Fri 5:30pm
- Chair Yoga with Elaine:
 - Tues-Thur 11am & Tues 5:30pm
- Mindfulness and Meditation with Elaine:
 - Tues-Thur 4pm
- BodyBalance with Jessica:
 - Thur 6:30pm

• Virtual BodyBalance: 24/7 access



CARTER LAKE EASTER EGG HUNT

SATURDAY, APRIL 19, 2025

10AM START TIME - DON'T BE LATE

NEW LOCATION

COMMUNITY CENTER 1120 WILLOW
KIDS 10YRS & UNDER

BRING YOUR OWN BASKET OR BAG
PLEASE COME EARLY TO FIND YOUR AGE GROUP



SPRING FORWARD

CCCC Spring/Summer

Hours:

M-F 10AM-7PM
SAT: 10AM-2PM
SUN: CLOSED



Effective March 15th, 2025



Park SHELTER RESERVATIONS

Mabrey Park- Willow & 17th Street

Shelter 1 w/electric (Capacity 80)

Shelter 2 w/electric (Capacity 80)

Cook Shack

Cook Shack & Shelter 1

\$25 Resident \$100 Non-resident

\$25 Resident \$100 Non-resident

\$25 Resident \$200 Non-resident

\$25 Resident \$200 Non-resident

Neptune Park- Neptune Circle

Gazebo

Wavecrest Park- North 5th Street

Shelter w/electric

No rental fee, refundable deposit required.

\$25 Resident \$100 Non-resident

Other

Beer/Wine Permit

Refundable Deposit

\$50 per day

\$100 Resident \$200 Non-resident

Refund will only be issued if the facility is clean and has no damage.

Restroom key are provided for paid rentals of the city facilities.

<https://clcc.activityreg.com>

Where:
Start and Finish at CLCC
1120 Willow Dr Carter
Lake, IA

When:
March 15, 2025
Race starts at 10am

How:
Register online at
clcc.activityreg.com/select_activity_t2.wcs or over the phone by February 28th
712-847-8565

How Much:
\$30 per racer
Participation fee includes a race t-shirt, themed glasses, and a discount on the Corned Beef meal

**2025 CLCC
Luck of the Irish
5k Fun Run/Walk**

Join us to celebrate St. Patty's Day early with our themed Color run! This race will take you through some of the most popular sections of the City and along the Lakefront. If you enjoy making a mess, reach out to volunteer to throw the color! Afterwards, we'll gather in the CLCC for a St Patty's meal to benefit CLCC's Senior Programs

CARTER LAKE Community Center

**MASQUERADE
MURDER MYSTERY
DINNER PARTY**

Ticket costs
\$40 per person
\$70 per couple

What's included?

- A meal for dinner
- Participation in the Murder Mystery

DOORS WILL OPEN
at 5:30PM

EVENT START TIME
6:00PM MARCH 8TH

CARTER LAKE
COMMUNITY CENTER
1120 WILLOW DRIVE
CARTER LAKE IOWA

CARTER LAKE Community Center

**St. Patrick's
Celebration and Fundraiser**

Celebrate St. Patty's with the CL Seniors at the Corned Beef Fundraiser Luncheon

Lunch opens at 12pm on Saturday March 15th 2025 @ CLCC

Price per plate TBD. Discounted plates for Luck of the Irish Fun Run participants!

CARTER LAKE Community Center

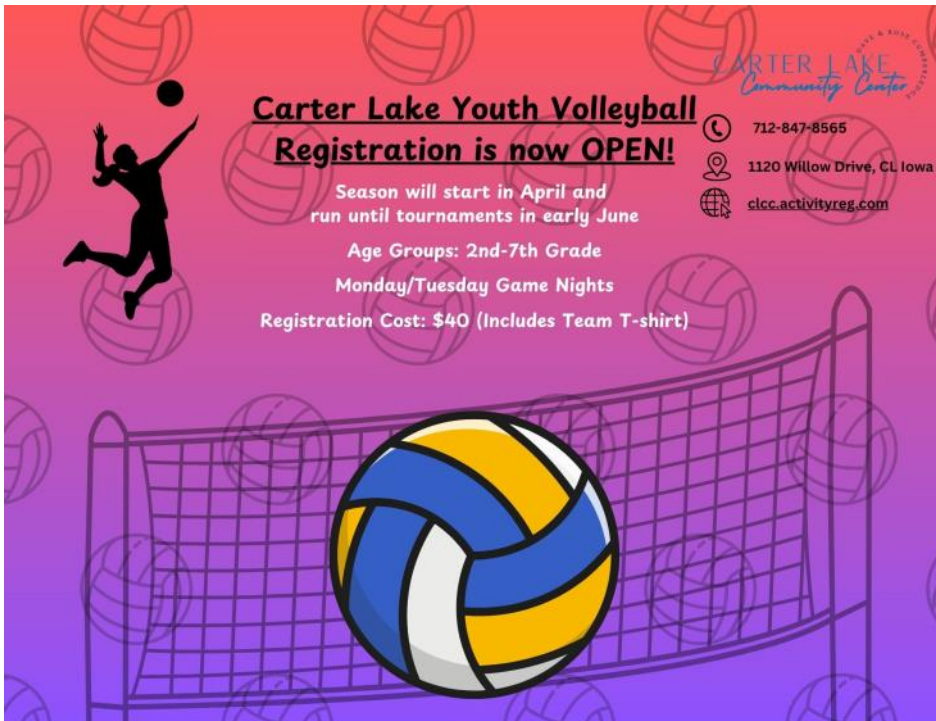
712-847-8565

clcc.activityreg.com

**CARTER LAKE
CITY WIDE
GARAGE
Sale**



To be part of the garage sale list, drop off ad to City Hall no later than April 28 or send via email to clerk.assistant@carterlake-ia.gov Include address, dates, times and short list of items



Carter Lake Youth Volleyball
Registration is now OPEN!

Season will start in April and run until tournaments in early June

Age Groups: 2nd-7th Grade
 Monday/Tuesday Game Nights

Registration Cost: \$40 (Includes Team T-shirt)

Carter Lake Community Center
 712-847-8565
 1120 Willow Drive, CL Iowa
 clcc.activityreg.com



MARCH MADNESS
BRACKET
challenge

SELECTION SUNDAY: MARCH 16TH

FREE TO PLAY!

BRACKETS MUST BE IN BY MARCH 19TH

BEST BRACKET WINS VISA GIFT CARD

Must be CLCC member by start of tournament to qualify for prize

Carter Lake Community Center



TRIVIA NIGHT

17 MARCH @ 6 PM
 CARTER LAKE PUBLIC LIBRARY

Register your team on our website: carterlakelibrary.org

Gather for pizza and trivia, hosted by Trivia Mafia! This FREE event is for adults 18 and older.

Trivia Mafia
CLCC
 WORLD'S GREATEST LIVE TRIVIA



PICKLEBALL TOURNAMENT
Co-ed Mixed Doubles

MARCH 22ND
 STARTING AT 10AM

ENTRY FEE: \$25/PLAYER
 INCLUDES: \$\$\$ PRIZE FOR 1ST PLACE
 REGISTER BY MARCH 9TH
 TO GET A T-SHIRT
 REGISTRATION DEADLINE IS MARCH 17TH

REGISTER IN PERSON OR ONLINE TODAY!

CARTER LAKE COMMUNITY CENTER
 1120 WILLOW DRIVE, IOWA 51510
 712-847-8565

VIRTUAL LES MILLS CLASS DESCRIPTIONS

Les Mills On Demand offers you the opportunity to expand on your fitness goals and achievements. Workout on your schedule with any of these formats! If you prefer a live instructor, check out our live group fitness schedule.



Les Mills BODYATTACK™ (Ages 16+)

BODYATTACK™ is a high-energy fitness class with moves that cater to total beginners to total addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout - challenging your limits in a good way and leaving you with a sense of achievement.



Les Mills BODYBALANCE™ (Ages 16+)

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new-generation yoga class that will improve your mind, your body, and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi, and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.



Les Mills BODYCOMBAT™ (Ages 16+)

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.



Les Mills BODYPUMP™ (Ages 16+)

BODYPUMP™ is the original barbell workout, using light to moderate weights and high reps to get you lean and toned. Powering through squats, presses, lifts and curls you'll work all your major muscles as you build strength and burn calories, getting fitter, faster.



Les Mills CORE™ (Ages 16+)

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability, and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves have options, so it's challenging but achievable whatever your level of fitness. Workouts may require resistance tubes and/or weights (please bring your own), as well as body-weight exercises like crunches, and hovers. Plus there are some hip, butt, and lower back exercises too.



Les Mills DANCE™ (Ages 16+)

An authentic dance experience that's incredibly energetic and set to amazing music. LES MILLS DANCE is packed with innovative movements and sounds inspired by global dance genres. It's modern, future focused and always evolving. The clear coaching means it is simple to master - anyone from a complete beginner to a seasoned dancer will enjoy pure dance, get a great cardio workout, and progressively grow their talents.



Les Mills BORN TO MOVE Early Years (Ages 4 & 5 with Parent)

Created exclusively for young children, BORN TO MOVE Early Years is focused on supporting imaginative, exploratory movements that are fun and full of energy. BTM Early years require a parent to attend with their child ages 4 & 5 yrs.



Les Mills BORN TO MOVE School Age Years (Ages 6+ with Parent)

Designed for children and teenagers, BORN TO MOVE School Years is all about empowerment and inclusion. Children learn foundation movement skills, improve fitness and build their confidence and self-expression.



Les Mills GRIT CARDIO™ (Ages 16+)

LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.



Les Mills SPRINT™ (Ages 16+)

LES MILLS SPRINT™ is a high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training that will push your physical and mental limits. Combining bursts of intensity - where you work as hard as possible - with periods of rest that prepare you for the next effort, LES MILLS SPRINT drives rapid results and top-end athletic performance.



Les Mills RPM™ (Ages 16+)

RPM™ is the cardio peak cycling workout where you ride to the rhythm of powerful music. An inspiring team coach leads the pack through hills, flats, mountain peaks, time trials, and interval training. As you take on the terrain you set your own resistance, discovering the athlete within as the simulated climbs and sprints drive you to push past personal boundaries and hit an endorphin high.



Les Mills THE TRIP™ (Ages 16+)

THE TRIP™ is the most innovative cycle class in the world, using cutting edge technology to create a fully immersive experience. Combining a multi-peak cycling workout and a cinematic journey through digitally-created worlds, you will get fitter, faster with less discomfort as you lose yourself traveling through unique visual landscapes. It's an exercise experience like none other!

LIVE CLASS DESCRIPTIONS

The CLCC offers a catalogue of Group Fitness courses that are tailored to any and all skill and activity levels. All of these formats are offered with a live instructor during the week. Find which class and instructor that works best for you!



Les Mills BODYBALANCE™ (Ages 16+)

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new-generation yoga class that will improve your mind, your body, and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of T'ai Chi, and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for beginners.



Les Mills BODYPUMP™ (Ages 16+)

BODYPUMP™ is the original barbell workout, using light to moderate weights and high reps to get you lean and toned. Powering through squats, presses, lifts and curls you'll work all your major muscles as you build strength and burn calories, getting fitter, faster.



Les Mills SHAPES™ (Ages 16+)

Combine the best of Pilates, barre and power yoga with modern playful beats. This invigorating low-impact workout uses small, controlled movements and repetition to target muscles, sculpt, strengthen, and improve alignment and flexibility. Suitable for all fitness levels, LES MILLS SHAPES is all about finding the hot spot and training at an intensity that works for you.



YOGA

From slow to fast-flowing, these classes stem from Vinyasa Yoga with a wide base of creativity through sequences and pose choices. After warming up through variations of sun salutations and conscious breathing you will explore your presence in a variety of movements and transitions that compose a flow class. Classes may be guided by an intention, a category of poses, a peak pose, or some other theme.

YOGA-Chair Yoga

Stretch, build strength and balance; all while seated in a chair. Props can be utilized including handheld weights and bolsters. You'll experience gentle movements beneficial for any body.



YOGA-Mindfulness & Meditation

A relaxing type of yoga that uses mats and props such as bolsters and blankets. The focus is to reduce stress and enhance a sense of well-being.

Pound

The workout inspired by drumming. Combine cardio, Pilates, isometric movements and plyometrics with constant simulated drumming - all to the rhythm of the music. An energizing, infectious, sweat-dripping workout, each strike of the Ripstix releases a primal aggression as well as a neuromuscular reward of mixing sound and movement. POUND allows you to truly become the music.



Self Defense

Learn various martial arts skills from Ninjitsu, Jujitsu, and Taekwondo from a 20 year black belt Sensei. The combination of skill and techniques will be instructed in a self-defense format focused on practical use. The emphasis is on being aware of one's surroundings and implemented through simulated real-life scenarios to learn how to better protect yourself.



SilverSneakers Classic

The Classic is a low-impact, aerobics-based class that helps seniors build strength, improve cardio, and increase range of motion. A variety of equipment is used and includes: handheld weights, elastic tubing with handles, a SilverSneakers ball, and a chair for performance of seated exercise and balance support during standing exercise.

Meet the Instructors!



Andrea Huey

"She Believed she could, so she did"
Andrea is a wife, a boy mom, and dog mom. She has lived in Carter Lake for over 12 years. Andrea has been passionately teaching Group Fitness for over 6 years as a certified Les Mills BodyPump Instructor and a certified Group Fitness Instructor



Ed Clary

Ed loves teaching and helping people any way he can. After assisting in coaching track, That's when he learned of his affinity and gift for teaching/instructing. He taught martial arts for decades and then transitioned into yoga. he loves the mental and physical health it brings.



Stacey Mecesji

Stacey is a certified BodyPump and N.E.T.A. yoga instructor who's passionate about fitness. She is obsessive about how BP (barbell cardio strength class) and yoga complement each other for overall health. she loves teaching bodypump and yoga because people immediately feel better after class . she believes consistency is key!



Jeff Peck

Jeff is a resident of Carter Lake and teaches self defense. he holds belts in taekwondo, brazilian jiu-jitsu and ninjutsu. He believes self defense is something everyone should know. It offers empowerment, a positive attitude, self confidence, the ability to protect yourself and much more. his passion and sense of humor makes his classes fun and engaging.



Jessica Claussen

While on her journey to losing over 100 lbs, she found a passion for fitness and nutrition. She has been teaching group fitness for 12 years. Jessica believes in meeting people where they are. She strives to make every class fun, safe and memorable (wink).



Michelle Salerno

Michelle has been in the fitness industry since 1989. She has a passion for people, group fitness and wellness. Currently she holds certifications in A.C.E. Group Fitness, Silver Sneakers, and Les Mills BodyPump, BodyStep, BodyVive and most recently LM SHAPES. Michelle is the owner of THE FEEL GOOD FACTORY, offering Massage Therapy & Esthetics services. Michelle can help you to look & feel good on the inside & out!



Elaine Oetjen

Elaine is a "Jill of all trades" and holds many certifications. Her passion is helping people feel their best and having fun while doing so. anyone that joins Elaine for one of her offered classes can attest that her knowledge and love for people will keep you coming back. Elaine offers services from newborns to seniors.