

# Marching Forward

## with Fresh News & Fun!



As we March into this month, we are thrilled to embrace the excitement of March Madness, the arrival of the first day of spring, and the joy of St. Patrick's Day!

**March Madness**, brings excitement to our community with both girls' and boys' state basketball as well as the thrill of men's and women's college teams. It's fun to cheer on your favorite teams, track their progress, and compare them to your ideal bracket.

**First Day of Spring**, is the perfect time to focus on your fitness, nutrition, and better habits. Celebrate by attending a fitness class, taking walks outdoors or on the PCC walking track, and considering starting a weights training regimen. These are great steps toward a better you. During your lunch breaks, include healthy snacks like fresh fruit and vegetables. March is the perfect time to outline your personal fitness challenge to promote physical activity and create a plan that fits your lifestyle.

**St. Patrick's Day**, is a wonderful opportunity to encourage everyone to wear green and enjoy traditional Irish foods and music. It's a great way to build community spirit and enjoy the holiday together.





# Breakthrough Basketball Camp

## April 25-27th

This specialized 3-day camp will give you the drills and instruction you need to become a top-flight shooter who stands out from the competition.

Go into season ready to increase your shooting percentage and range with better mechanics and more confidence in your shot.

These are the secrets perfected by the world's greatest shooters, and now they're yours as part of the 3-day intensive Shooting & Offensive Skills Camp.

**There's still to sign up:**

**Enroll Today!**



# T-BALL Registration Now Open!



REGISTER ONLINE AT: [ACTIVENET.ACTIVE.COM/PEOSTA](https://activenet.active.com/peosta)

OR AT THE PCC FRONT DESK (REGISTRATION FORMS CAN BE FOUND AT THE FRONT DESK OR ONLINE AT [WWW.CITYOFPEOSTA.ORG](http://WWW.CITYOFPEOSTA.ORG).)



# MARCH MADNESS

## Fill Out Your Bracket March 17th

**Must be a Member**

**Free to Enter**

**Prizes to the top 3 Winners**

**Brackets will be available at the Front Desk**

### Scoring

Play in the Games: 1/2 point per correct pick

First Round: 1 point per correct pick

Second Round: 2 points per correct pick

Sweet 16: 4 points per correct pick

Final Four: 16 points per correct pick

Championship: 32 points for correct pick



## NERF GUN WARS

**March 29th, and April 26th** – All ages welcome. Nerf Wars will be from 7 p.m. until 8 p.m. All attendees must provide their own Nerf gun. \$3.00 for Members, \$5.00 for Non Members plus applicable fees. Enroll online at [activenet.active.com/Peosta/login](http://activenet.active.com/Peosta/login).

Don't forget to check out the February calendar insert!

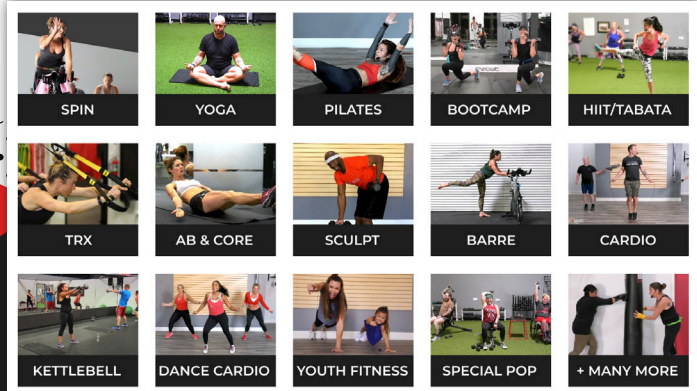


## Not sure how to sweat today?

**NEW!**  
Try the dumbbells today!

Head to our Fitness Room, Pick a Class on the TV, and Go!

*Sweat on Demand is a total training software package for you and your whole family. Not able to make it to the PCC? Check out the app too!*



POWERED BY **STUDIO sweat<sup>®</sup>**  
onDemand

Have Question?  
Contact Us

563-556-8751



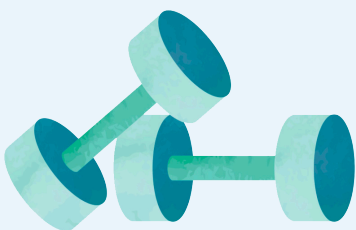
7896 Burds Rd  
#9646  
Peosta, IA 52068



## Umpires Wanted

*Have you ever wanted to ump and youth baseball or softball game? Bases, Plate, or both? Please contact Stacey at [sbauer@cityofpeosta.org](mailto:sbauer@cityofpeosta.org), or Ty at [ttroutman@cityofpesota.org](mailto:ttroutman@cityofpesota.org) to be put on our umpire list today.*

## Join Our Team as a PCC Fitness Instructor!



Are you passionate about fitness and helping others achieve their health goals? We are looking for dynamic and motivated Fitness Instructors to join our team! As a Fitness Instructor, you will lead engaging classes and inspire our members to reach their full potential.

**If you are interested in applying or have additional questions please contact Stacey at [sbauer@cityofpeosta.org](mailto:sbauer@cityofpeosta.org).**