

# Spring into Fitness

## What's New at Our Fitness Centre

As we welcome the warmer weather, we're excited to share some fantastic updates and tips to help you stay motivated and active this season.



### New Flooring on the Track

We're thrilled to announce that we're replacing the carpet on our track. The new material will match the flooring used in the weight room, providing a cohesive and professional look. Additionally, a clear sealant will be applied to the new flooring. This sealant is designed to be non-slip, ensuring your safety while making it easier for us to maintain a clean and hygienic environment.

The track will be closed starting May 5th and reopening around May 13th to complete this project.



### Upcoming Fitness Classes and Events

This May, Penny and Doris are back! Join Penny on Saturday, May 3rd and 10th as she brings back her Saturday morning Weekend Cycle and Strength and Interval Training. She will also be teaching a new class on Wednesday nights, May 7th and 21st, Spin, Strength, Kickbox, a 20-minute spin, and 20- minutes of upper body. Welcome Doris back on Saturday, May 17th and 31st with Weekend Cycle and Total Body Strength.

# Day Camp

Registration is ongoing. Tuesdays and Thursday are full. Other days are filling up so if you are still interested register today. Forms can be found online at [www.cityofpeosta.org](http://www.cityofpeosta.org) or at the PCC front desk.

For any questions, please contact Stacey at [sbauer@cityofpeosta](mailto:sbauer@cityofpeosta).



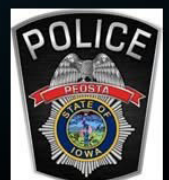
We're thrilled to launch a fun scavenger hunt at our developing park—perfect for families, friends, and fitness lovers! Follow clues to explore park landmarks, get active, and enjoy a bit of friendly competition.

The hunt begins the week of May 5th, with prizes for participants. Don't miss this great chance to connect with the community—follow our Facebook page for updates!

## Join the Peosta Police Department and the Peosta Optimists and in our 2<sup>nd</sup> Annual Bike Safety Rodeo

- When: May 31st
- Where: Peosta Community Centre Upper Lot
- Ages: All Ages welcome
- Time: 10 a.m. – 11 a.m.

- What to Expect:
  - Bring your bike!
  - Helmet Check
    - Free helmets available (while supplies last)
  - Bike Safety Check
  - Following Rules of the Road
  - Obstacle Course
  - Meet Police Officers and Peosta Optimist Members



The background of the poster is a vibrant green baseball field with white base paths. A large, stylized red silhouette of a batter is on the left, swinging a bat. A baseball is in the upper left, and another is in the lower right. A wooden bat lies diagonally across the center. A brown baseball glove with a white ball inside is at the bottom center. A red pentagon is in the upper right. A large, semi-transparent baseball is in the center, serving as a backdrop for the main text.

Peosta Optimists Presents

2025 SUMMER

# T-Ball Clinic

Ages 4-6

**SATURDAY, May 10 | 9 AM-10:30AM**

**AT Peosta North Field**

Join the Peosta Optimisit Club on Saturday, May 10th for a t-ball clinic. They will go over the basics of t-ball with your child/ren.

**Free**

Enroll online at [activenet.active.com/peosta](https://activenet.active.com/peosta), or at the PCC front Desk.

**Don't forget  
to check out  
the May  
calendar insert!**

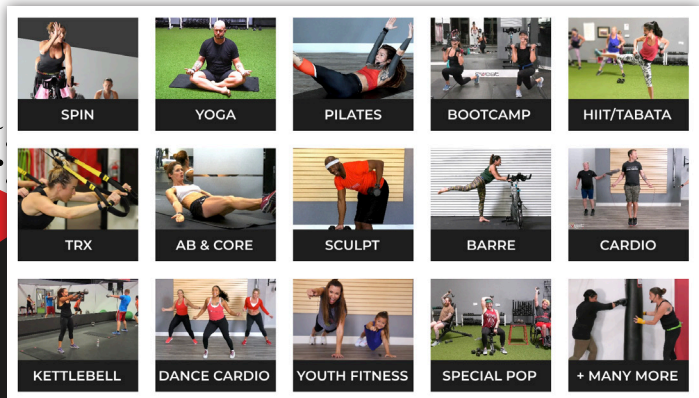


# Not sure how to sweat today?

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**  
onDemand

## SUMMER HOURS

*Starts Friday, May 23rd!*



Monday-Thursday -  
5:00am-8:00pm  
Friday - 5:00am-7:00pm  
Saturday - 7:00am-3:00pm  
Sunday - 7:00am-12:00pm



**NOW  
HIRING**

Front Desk  
- \$9-12 per hour starting rate  
- Flexible hours

- Hiring for all shifts  
- Includes free membership  
to the PCC

APPLICATIONS AVAILABLE AT THE PCC. CONTACT  
TY TROUTMAN FOR MORE DETAILS  
troutman@cityofpeosta.org

**Have Question?  
Contact Us**

**563-556-8751**

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