

City of Hagerstown, Maryland Status & Information Report No. 1 for 2017

January 6, 2017

To Mayor Bruchey and Members of the City Council:

UPCOMING MEETINGS

JANUARY 2017						
* For additional information and a complete list of City events, please visit our Calendar of Events on the City's website at http://www.hagerstownmd.org/calendar.aspx						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HOLIDAY CITY OFFICES CLOSED	3 No Meeting	4	5	6	7
8	9	10 4pm Work Session	11 4pm Hagerstown Planning Commission Meeting	12 4:30pm Hagerstown Historic District Commission Meeting	13	14
15	16 HOLIDAY CITY OFFICES CLOSED	17 3pm Executive Session 4pm Work Session	18 7pm Board of Zoning Appeals Meeting	19	20	21
22	23	24 4pm Special Session & Work Session	25 7pm Hagerstown Planning Commission Meeting	26 4:30 pm Hagerstown Historic District Commission Meeting	27	28
29	30	31 7pm Regular Session				

FIRE DEPARTMENT

FIRE DEPARTMENT CALLS FOR ASSISTANCE			
House Fires	4	Community Risk Reduction	3
Building Fires	0	Public Service	2
Medical Assistance	26	Personal Injury Collision	5
Assist other Fire Depts	11	Fuel/Hazard Spills	1
Auto Fire Alarms	5	Gas Leaks	2
Vehicle Fires	1	Investigation: Odor, Smoke, Fire	1
Elevator Service Call	1		

INFORMATION TECHNOLOGY & SUPPORT SERVICES

COMMUNICATIONS

This Week's Headlines and Media Releases:

- Community Information Meeting: Dredging City Park Lake
- City Seeks Input on Future Hamilton Run Project

Channel 25:

- Watch the City Newsroom at the top of every hour. This week's news stories include:
 - o Clearing the Way: On the Streets with Public Works
 - o Hub City 100 Miler
 - o Maryland Department of Human Resources: Help with Energy Costs
 - o Maryland Department of Human Resources: Help with Heating Costs
- Scheduled:
 - o Divided Valor
 - Noon Saturday & Sunday
 - 7pm Monday & Sunday
 - o Valor in the Streets
 - 3pm Sunday
 - 7pm Wednesday & Saturday

Websites:

- **City Website:**
 - o About 6,849 users visited www.hagerstownmd.org for the week of January 2 – January 8, 2017.
 - o Top entrances (first page users accessed on the website)

▪ Home page	2,094
▪ Hub City 100 Miler page	575
▪ Utility Billing page	349
▪ Jobs page	255
 - o Top Searches:
 - "true"
 - "jobs"
 - "trash & recycling"
 - "employment"
 - "christmas tree pickup"
 - "calendar"

PARKS & ENGINEERING

PARKS DIVISION

1. **NEW Winter Indoor Recreation Classes.** Registration is open for our Winter Series Fitness Classes. Classes will be held in our new Fit Room at Fairgrounds Park. From Pilates, to Square Dancing, to Tae Bo and Dance Fitness, we have a Fit For You! See flyer attached for more information.
2. **Hub City 100 Miler.** Registration remains open for the 2017 Hub City 100 Miler! Challenge yourself to complete 1 mile a day for 100 days beginning on January 12! Weekly and grand prizes! Ensure your New Year's resolution to get healthy!! More info here: www.hagerstownmd.org/hubcity100

3. **Golf Course.** The course is closed for the season. Rec Staff has been making enhancements in the clubhouse to improve its functionality, promoting the sale of merchandise, and improving informational displays promoting specials and upcoming events.

ENGINEERING DIVISION

1. **Alley Contracts**
 - Phase 1 alleys are complete and we have sent the punch-list to contractor.
 - Phase 2 contract is expected to be advertised in the next month for construction in the Spring.
2. **Safe Routes to School**
 - *Traffic signals at Salem Avenue/Indiana Avenue and Frederick Street/Mill Street.* We are waiting for final approval from State Highway but we expect their additional funding to complete both intersections.
 - *Haven Road.* We met with State for a design kick-off meeting. The State told us at the meeting that they can only fund 80% of the project.
3. **Bike Boxes.** Boxes that allow bikes to have right-of-way are designed at Northern Avenue/Oak Hill Avenue and Pennsylvania Avenue/Prospect Street. Public Works is going to do the installation, except the pavement markings will be done by Alpha Space Control. This project is funded by grants.
4. **Bridge Maintenance.** Based on recent inspection reports:
 - We sent a work order to Public Works to complete some items on the inspection report.
 - We are also having the sidewalk completed and preparing a contract for other work.
5. **Street Trees.** Aspen completed the one-year warranty punch-list including replacement of dead trees.
6. **Engineering**

TRAFFIC ISSUES		
Description	Week of 12/30/16	2016 TOTALS
Traffic complaints received	10	173
Work Orders completed	3	111
Traffic counts completed	2	59
CONSTRUCTION PROJECTS		
Description	Week of 12/30/16	2016 TOTALS
Projects advertised for bids	0	21
Projects under construction	13	
Projects completed	0	7

PLANNING & CODE ADMINISTRATION

1. **New Development Cases:**
 - Cortland Manor – Little Elliott Drive – revised final plat.
 - 1101 South Potomac Street – South Hagerstown High School – minor site plan for a press box.
2. **Board of Zoning Appeals:** No cases were filed for the January 18, 2017 BZA hearing.
3. **Historic District Commission:** No cases were received for the January 12, 2017 meeting.

4. **Planning Commission:** Planning Commission members will review these items on January 11:
- Cort Park – 12804 Little Elliott Drive – site plan for an additional 72 units.
 - Minor Site Plan Policy – Discussion.
 - Comprehensive Plan Update: Introduction/Implementation.
5. **Weekly Activity Report:** December 12–30, 2016

PERMITS								
<u>TYPE</u>	<u>NUMBER OF NEW APPLICATIONS</u>							<u>NUMBER ISSUED</u>
Building	6	Residential -	2	Commercial -	3	Other -	1	20
Electric	32	Residential -	20	Commercial -	11	Other -	1	32
Plumbing	44	Residential -	28	Commercial -	11	Other -	5	44
Mechanical	30	Residential -	17	Commercial -	7	Other -	6	29
Engineering Dept.	20							24
TOTAL	132		67		32		13	149
Est. Value of Issued Building Permit Projects:					Fiscal Year Totals:			
Residential	\$ 150,400.00				\$ 3,951,682.00			
Commercial	\$ 765,602.00				\$ 10,559,063.00			
Apartment	\$ 19,650.00				\$ 697,325.00			
Sign	\$ 18,586.00				\$ 263,025.00			
TOTAL	\$ 954,238.00				\$ 15,471,095.00			
Projects of Interest								
<ul style="list-style-type: none"> - Footings, foundations, and slabs for WA County Roads Dept, 601 Northern Avenue - \$90,000 - Install steel canopy over fuel island at County Roads Dept, 601 Northern Avenue - \$60,000 - Create two bedrooms and two bathrooms on second floor at 437 Stratford Avenue - \$40,000 - Construct columbarium & new gate structure at Rose Hill Cemetery on South Potomac Street - \$306,332 - Enlarge business and add ADA bathroom at Isp Mineral Inc, 34 Charles Street - \$250,000 - Interior demolition and renovations at 121 Randolph Avenue - \$45,100 								
RENTAL LICENSING PROGRAM YEAR: JULY 1, 2016 – JUNE 30, 2017								
					<u>PROPERTIES</u>	<u>UNITS</u>		
Registrations received week of December 12–30, 2016					18	79		
New applications issued week of December 12–30, 2016					10	11		
Total 2016-2017 registered (includes changes since 5/1/16)					3,407	8,978		
Total still outstanding from May 1 renewal mailing					11	18		
Notes: The 2016-2017 rental license renewals for 9,102 units in 3,468 properties were mailed on May 2, 2016. \$500 citations are now being prepared against owners who have failed to renew their license for this program year and continue to operate a rental property.								
PAYMENT								
Weekly payment received					\$ 1,300			

INSPECTIONS	
TYPE	NUMBER CONDUCTED
Building	64
Electrical	81
Plumbing	43
Mechanical	19
Safety	55
Neighborhood Vitality	77
Quality of Life	32
Preventive Maintenance	58
Planning & Zoning	5

INSPECTIONS KEY:

Categories of Conditions

Safety	Conditions which are or reasonably present a hazard to occupant or public. <u>Example:</u> No smoke alarms, improper wiring, handrails
Neighborhood Vitality	Conditions which cause or tend to cause diminution to property <u>Example:</u> Weeds, trash, debris, junk vehicles, deterioration of a structure.
Quality of Life	Conditions which negatively impact occupants. <u>Example:</u> Damaged surfaces, damages elements, missing screens
Preventive Maintenance	Conditions which are technical violations and need addressed to prevent deterioration. <u>Example:</u> Mortar deterioration, clogged gutters, minor rotting wood
Planning & Zoning	Conditions which violate Land Management Code requirements (zoning, forest conservation, floodplain, historic district and other requirements) and progress inspections of development projects for site plan compliance. <u>Examples:</u> Uses not permitted in property's zone, construction of new facilities, follow up inspections on open violations.

POLICE DEPARTMENT

STATS:

Calls for Service:	1,474	Field Interviews:	17
Arrests/Warrants Served:	15	Moving Violations:	34
Domestic Violence Calls:	32	Parking Violations:	80
DUI Arrests:	5	Safety Repair Orders:	4
Reports Filed:	140	Warnings:	58

REPORTS:

12/26/16: Officer Rowe responded to Norway Avenue for a theft report. The victim stated that his snow blower had been stolen from the back patio of his residence. The snow blower is described as a red and black Craftsman 5 ½ horsepower snow blower with a 24 inch cut. The victim stated he still has the keys and pull cord to the blower. There is no suspect at this time.

12/30/16: Officer Lucas was dispatched to North Locust Street for a report of tires damaged on a parked vehicle. The victim stated the vehicle is a white and green Ford Mustang with custom black wheels. He was visiting family and when returning to his vehicle he saw a white male at the driver's side tire holding a knife and cutting the tire. The victim yelled at the male and he ran inside a nearby apartment. All four tires were slashed with a value of approximately \$1,000 for replacement. The police have a person of interest for this case.

12/31/16: Officer Rutkowski responded to Chestnut Street for a theft from a vehicle. The victim advised his wallet had been stolen from his unsecured vehicle. The victim further stated he knew he would only be a few minutes at this location so he did not lock the vehicle. The victim cancelled his credit cards and no unauthorized charges had been made. However, he received a fraud alert from Chase Bank regarding his debit card. He was able to contact the bank in time to deny the transaction. There is no suspect at this time.

01/01/17: Officer Lucas and other HPD officers were dispatched to the area of Church and Potomac Streets for a report of an assault in progress. When officers arrived they located a female lying on the sidewalk on the west side of the street. She had fresh blood coming from her face covering her forehead, nose, cheeks and chin. A witness stated he was driving on North Potomac Street and saw a black male strike the female repeatedly with a closed fist until she fell to the ground. At that point he kicked her in the head and then fled the area. The victim did not want to cooperate with police and refused all medical treatment. No further information is available.

OTHER NEWS/INFORMATION:

Reassignments at HPD: Several Commanders, Supervisors and Officers received reassignments for the New Year which went into effective January 1, 2017. One purpose of reassignment is to expose police to different types of crimes by placing them in other platoons and units that expose them to different crime activity. This affords them the opportunity to work with other veteran officers and commanders and broadens their knowledge of community policing. These types of reassignments make a stronger police force which can better serve the citizens of Hagerstown. The reassignments are as follows:

- Lt. Jim Hurd was assigned as the Watch Commander for Alpha and Baker Squads.
- Lt. Tom Alexander was assigned as the Watch Commander for Charlie and Delta Squads.
- Lt. William Wright transferred from Administration to the Professional Standards Division under the command of Captain Paul Kifer.
- Sgt. Chris Barnett transferred from Patrol to the Downtown Patrol Unit under the command of Lt. Chad Woodring.
- Sgt. Casey Constable transferred to Delta Squad under the command of Captain Langston.
- Sgt. Stewart Heckman transferred from Training to WCNTF under the command of Lt. Chad Woodring.
- Sgt. John Lehman transferred from the Criminal Investigations Division to Baker Squad under the command of Lt. Jim Hurd.
- Sgt. Andrew Lewis transferred from Patrol to Criminal Investigations Division under the command of Lt. Chad Woodring.
- Sgt. Ben Lyncha transferred from the Professional Standards Division to Grants and Research under the command of Captain Paul Kifer.
- Sgt. James Robison transferred from WCNTF to Alpha Squad under the command of Lt. Jim Hurd.
- Sgt. Justin Wert transferred from Patrol to the Training Division under the command of Captain Paul Kifer.
- Sgt. Joe Zimmerer transferred from the Downtown Patrol Unit to the Charlie Squad under the command of Lt. Tom Langston.

- Officers Gar Lam and Ryan Haldeman transferred to Alpha Squad.
- Officers Michael Hill and Coty Campbell transferred to Baker Squad.
- Officers Scott Bauknecht and David Thibadeau transferred to Charlie Squad.
- Officers Zachary McKoy and Kevin Rutkowski transferred to Delta Squad.

PUBLIC WORKS

PARKING SYSTEM DATA

		Current Week	Previous Week
Number of Permit Holders	A & E Deck	204	204
	University District Deck	464	464
Number of Patrons Using Decks	A & E Deck	1287	1783
	University District Deck	867	1448
Sales of Discount Coupons		0	0
Number of Citations Issued	(Includes Warnings)	136	101
Number of Late Payment Notifications		76	32
Peak Occupancy (%)	A & E Deck	*73%	86%
		Sat @ 6 PM	Thu @ 4 PM
	University District Deck	34%	54%
		Wed @ 2 PM	Tue @ 2 PM

*Donut Drop

CENTRAL MAINTENANCE GARAGE REPAIR DATA

	Current Week	Previous Week
DCED	1	0
Fire	1	0
Human Resources	0	0
Light	2	2
Parks & Engineering	1	1
Police	11	6
Public Works	2	3
Wastewater	0	0
Water	5	4
Weekly Totals	23	16

¹AFTER-HOURS CALL OUT DATA

	Issues for December 2016	December	November
Street Issue	Drain lid broken	1	
Parking System			
Traffic Signal	Church and Burhans	1	
Traffic Signs			1
Building Maintenance			
Fleet Maintenance			
Weather Related			
Property Issues			
Misc.			
Total		2	1

¹After-hours call out data includes contact with Public Works typically by Washington County Emergency Management. The issues can vary from debris in the street (tree or tree limbs, glass, etc.), traffic signal operations (signal goes into flash operation), traffic signs (call outs are usually only for STOP or YIELD signs), parking system issues (gates at either deck malfunction, equipment malfunctions, etc) to fleet maintenance issues. The call outs reported here involve a supervisor being contacted about an issue after normal working hours. Field personnel may or may not be contacted depending upon the issue.

STREET SWEEPING DATA

Month 2016	Number of Miles of Streets Swept
January	531
February	167
March	955
April	1,265
May	1,110
June	1,091
July	1,412
August	1,035
September	1,152
October	1,391
November	1,306
December	1,093

UTILITIES DEPARTMENT

ELECTRIC DIVISION

Problem Areas

- Thur. 12/29 - Largo Drive and East Ridge Drive- Miss Utility locate; emergency locate for Columbia Gas Company. Time Out: 17.1-18.1
- Fri. 12/30 - Belview Avenue and May Street- total outage; repairs made to a broken tap. Time Out: 17.5-19.7
- Sun. 1/1 - 11 West Baltimore Street- partial outage; repairs made to the service conductors. Time Out: 13.9-16.0
- Mon. 1/2 - 110 Fairground Avenue- total outage; no problems found and no one present. Possibly a tripped breaker. Time Out: 22.3-23.3

2016 Summary

- Responded to 286 after hours/weekend calls for service during 2016. This total does not reflect storm related trouble.
- Responded to 150 after hours calls for reconnections.
- Repaired 870 street lights to include re-lamping, replacing photo cells, replacing fixtures and adding or removing fixtures.
- Inspected 1,188 poles, transformers, and other pole attachments, including Verizon and Potomac Edison owned poles.
- Replaced or installed 53 HLD poles, assisted Verizon with 7 pole replacements, and Potomac Edison with 2 pole replacements.
- Trimmed 392 and removed 28 trees.
- Performed 215 service installation/upgrades of services.
- Read approximately 228,000 meters.
- Responded to approximately 3,186 Miss Utility locate requests.

Lamps Replaced	New Fixtures Added	Changeouts	Fixtures Removed
9	0	1	0

Engineering

- The transformer no. 1, located at the Frederick street substation, has been removed from service and shipped back to the factory for evaluation and repair. One of the spare units was set in its place, passed the commissioning tests, and was energized for evaluation. Following a passing oil sample test, we will introduce customer load.

Administration

- Staff continues to work with Alevo toward final agreements for the Energy Storage System located at the Frederick Street Substation. They anticipate the system being operational by the end of January.

WATER DIVISION

Plant Flows - System Demand (MGD)

<u>Date</u>	<u>Willson</u>	<u>Breichner</u>	<u>Total</u>
12/29/16	11.27		11.27
12/30/16	11.58		11.58
12/31/16	11.02		11.02
01/01/17	10.97		10.97
01/02/17	11.24		11.24
01/03/17	11.52		11.52
01/04/17	11.66		11.66
Average:			11.32

Water Production at R. C. Willson

- Operations:
 - Operations were routine this week – staff worked on facility maintenance and routine preventative maintenance.
- Maintenance
 - Staff worked on routine plant maintenance and preventative maintenance on equipment.
 - Repairs were made to the seal on the south flash mixer.
 - The thermostat was replaced in the conference room.
- Instrumentation
 - Pump Stations – Repairs to the transducer suction and discharge taps are still in progress.

Water Production at Breichner/Edgemont Reservoir. The Reservoir pool elevation is currently 1.3 feet (dry level). Site evaluation continues per the contract with Hazen and Triad. Distribution staff inspected the screen retrieval device and plates and will relocate these items to the intake structure/tower. The next project progress meeting is scheduled for February 1, 2017.

Water Distribution. Distribution crews performed routine customer service work throughout the water service area. Crews also worked on residential meter replacements and routine meter testing. Repairs were made to a water service leak on Capital Lane.

Laboratory

- Collected weekly TOC on Potomac River.
- Collected weekly THM/TOC samples on the Willson Plant.
- Collected TSS and Aluminum sample from the lagoon discharge.
- Collected source water sample from the Potomac River for the month of January for compliance with LT2ESWTR.
- Prepared the annual POE biweekly corrosivity monitoring report for compliance with the Lead and Copper Regulation.
- Responded to customer inquiry regarding water quality. Results were normal.

- Process and regulatory testing was routine for the week.

Engineering

<u>Reviews:</u>	<u>City</u>	<u>County</u>
Site Plans	1	2
Preliminary Plats	-	1
Final Plats	-	-
Building Permits	24	11

- Staff attended a Plan Review Committee meeting at City Planning.
- Staff met with a contractor beginning work on a commercial site.
- Staff attended a development review meeting at the County Planning Office.
- Staff met with the Walmart construction superintendent and project field engineer to discuss water main/vault issues.
- Staff met with a Washington County Trades Association member on a proposed dwelling service.

WASTEWATER DIVISION

Wastewater Treatment Plant at Frederick Street

<u>Date</u>	<u>Flow (mgd)</u>	<u>Rainfall (inches)</u>
Wednesday, December 28, 2016	5.99	0.00
Thursday, December 29, 2016	6.26	0.06
Friday, December 30, 2016	5.49	0.08
Saturday, December 31, 2016	5.70	0.00
Sunday, January 1, 2017	5.43	0.00
Monday, January 2, 2017	6.25	0.13
Tuesday, January 3, 2017	7.29	0.07
Weekly – Avg. Flow / Total Rainfall	6.06	0.34
Dec - Avg. Flow/Total Rainfall	5.90	1.89
Jan - Avg. Flow/Total Rainfall	6.77	0.20

- Rebuilt spare Penn Valley Double Disc pump in ASPS building.
- Removed faulty #2 Waste Activated Sludge pump and install new/rebuilt Waste Activated Sludge pump in ASPS building.
- Removed defective weld pipe/fittings from BD 150 filter air dryer and fabricated new pipe/fittings to make unit operational until OEM parts arrive.
- Routine maintenance (MP2 Program) and Corrective Work orders.

Wastewater Collection

SSES Weekly Progress

<u>Activity</u>	<u>Districts</u>	<u>L. F. main</u>	<u>Feet of lateral</u>	<u># inspected</u>
CCTV Inspections	Storm Sewer	609'	75'	2

Collection System Maintenance Task

- Assisted Public Works with storm drains on Osborne Avenue, built access road to junction box, removed top of box, televised 42" RCP North to East Franklin Street, 42" RCP South to East Washington Street, 10" RCP East to Osborne Avenue.

- Grinder Pump call at 11252 Eastwood Drive, reset pump.
- Grinder Pump call at 605 Fair Meadows Boulevard, replaced pump, and homeowner has an electrical issue to the alarm, advised to repair.
- Grinder Pump call at 1621 Woodlands Run, run light on, reset pump.
- Odor complaint call at 1205 Marshall Street, County to Chlorinate Maugansville collection system.
- Sewer Backup call at 1029 Pope Avenue, CCTV lateral, problem on private side.
- CCTV lateral at 611 West Washington Street to assist contractor in locating lateral.
- Pump Station 4, repaired back up float control issue, changed pump-off and lag- pump floats, and replaced support cable bracket.
- District 5, replaced (5) 3" manhole covers with new conversions.
- Exercised 6" and 10" pumps, both portable generators, and light plant.
- Dropped enzyme bags at various lift stations and trouble spots in the system.
- Cleaned wet well for ARE.
- Pump Station 3, general cleanup of station in preparation of survey crews for dog leg removal project.

Administration

Wastewater Division – Customer Call Log Summary 2017							
Type	Blockages	Grinder Pumps	Odor Complaints	Flushing	WW Pump Station	Other	Totals
Weekly	1	0	0	0	0	1	2
YTD 2017	1	0	0	0	0	1	2

* Other - consist of calls that may be directed to other City Departments or the County Department of Water Quality

Engineering

- Staff attended a Plan Review Committee meeting at City Planning.
- Staff attended a development review meeting at the County Planning Office.

Laboratory

- Discussed Pinnacle Foods discharge of CIP water with Wastewater Manager.
- Contacted Lachat Tech Support regarding issue with reagent pump. Shipped pump to Lachat for repair.
- Prepared reagents for Lachat operation.
- Process and regulatory testing was routine for the week.



Respectfully submitted,

 Valerie A. Means, City Administrator



PARKS & RECREATION
CITY OF HAGERSTOWN

City of Hagerstown Parks and Recreation

INDOOR WINTER PROGRAMS

NEW LOCATION - FIT ROOM AT FAIRGROUNDS PARK

532 North Cannon Avenue, Hagerstown



To register: www.hagerstownmd.org/parksandrec

For more info: 301-739-8577 x 170

Child and Babysitter Safety Training

Saturday, 3/4/17, 10:00 a.m. - 3:30 p.m.
This Child and Babysitter Safety program teaches skills to raise confident, knowledgeable, credibly and officially CPR and First Aid certified care providers. In partnership with Mid-Atlantic Emergency and Safety Consultants, LLC. Appropriate for ages 11 years and above. \$50.

Dance F.I.T. (Fitness Interval Training)

Saturdays, 1/14/17 - 3/4/17,
8:00 a.m. - 9:00 a.m.
Dance F.I.T. (Fitness Interval Training) incorporates interval training with fun, energizing, easy to follow dance and fitness moves. An exhilarating cardio workout, this program aims to tone your whole body! Instructor: Angela Yamashita. \$25.

Fit Fido- Open Gym!

Sundays, 1/15/17, 2/12/17, and 3/12/17;
3:00 p.m. - 4:00 p.m.
Join Atta Pup! for one-hour dates to play, stimulate, and explore an obstacle course designed special just for dogs and their on-leash human partners to enjoy. \$20

Fresh Academicz Hip Hop Dance Program

Tuesdays, January 31, February 7, 14, 21, 28
& March 7, 4:30-5:30 p.m.
Six-week hip hop dance program taught by Fresh Academicz instructors: Micheal and Edwin Reyes, "Me 2 Twins". Meet up after school for six weeks to learn, practice, and perform hip hop choreography to demonstrate in front of a live audience, March 18th from 1:00 p.m. - 3:00 p.m. \$60/six-week series, \$10 discount/ Fresh Academicz students.

Turbo Kick

Saturdays, 1/28/17 - 2/18/17,
Noon - 1:00 p.m.
Kick-down limits, and kick-up your workout routine with this New Year fitness regime with new instructor, Deanna Schleigh. \$17/4-weeks, \$5/drop-in.

Insanity

Saturdays, 3/11/17 - 3/25/17,
Noon - 1:00 p.m.
Get a total body workout with instructor, Deanna Schleigh, use nothing more than your will power through guided moves and your own body weight resistance through "max interval training" fitness method. \$12/3 weeks; \$5/drop-in.

Tae Bo Basics

1/23/17 - 3/2/17. Mondays, 4:00 p.m. - 5:00 p.m., & Thursdays, 6:30 p.m. - 7:30 p.m.
Tae Bo Fitness workouts have proven ability to enhance your strength, speed, balance, and mental awareness, combining aspects of boxing, martial arts, dance, and rhythmic beats to get your adrenaline pumping and calories burning to the music. Instructor: Ashley Viar. 6 weeks/\$130; 1 week/\$25; Drop-in/\$15.

Tai Chi for Balance and Movement

1/23/17 - 3/4/17, Mondays & Saturdays,
9:00 a.m. - 10:00 a.m.;
Monday evenings, TBA.
Improve balance and movement through introduction of Tai Chi principles and postures. Relieve tension and reconnect with yourself through this low-impact mind-and-body exercise series. Instructor: Vernon Medeiros. Choose your schedule: one class weekly/\$35; twice weekly/\$45. Drop-in/\$10.

Sculpt - Yoga with Pilates

Saturdays, 2/4/17 - 3/18/17,
11:00 a.m. - 12:00 p.m.
See improvements in flexibility, posture, and abdominal strength- and decreases in back, neck, and joint pain. Designed to stretch, strengthen and balance the body, focus on breathing patterns and build up core fortification through specific exercises for targeted stretching and support. Certified instructor, Christa Angelo. \$50/7-week series; \$10/drop-in.

PIYo

Saturday, 1/14/17 Noon- 1:00 p.m.
This one-hour class is a combination of Pilates and Yoga to engage muscles, burn fat, and tone the physique. Instructor Deanna Schleigh. \$5/drop-in.

Yoga for Weight Loss

Mondays & Wednesdays, 1/9/17 - 3/1/17,
5:45 p.m. - 6:45 p.m.
The secret to success when it comes to weight loss, is a strong mind-body connection, and repetition, repetition, repetition. Taught by certified Yoga instructor, Michelle Grimes. Please note this class is being held for the Winter Session at Robinwood Professional Center, room 142. New Students: \$105. Returning students/ Mentus staff: \$85.

