

# City of Hagerstown, Maryland Status & Information Report No. 2 for 2017

January 13, 2017

To Mayor Bruchey and Members of the City Council:

## UPCOMING MEETINGS

<b>JANUARY 2017</b>						
<i>* For additional information and a complete list of City events, please visit our Calendar of Events on the City's website at <a href="http://www.hagerstownmd.org/calendar.aspx">http://www.hagerstownmd.org/calendar.aspx</a></i>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>HOLIDAY CITY OFFICES CLOSED</b>	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 <b>HOLIDAY CITY OFFICES CLOSED</b>	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				

## DEPARTMENT OF COMMUNITY & ECONOMIC DEVELOPMENT

**City Center:** Recent activity includes:

- Staff has been preparing for January's Second Saturday event, New Year, New You at the Schindel-Rohrer Ballroom. On January 14<sup>th</sup>, 15 vendors ranging from yoga studios to the United Way and four speakers will be present. Speaker topics include No Fear! Activate your Dreams; Financial Wellness in the New Year; What To Do With Our Thoughts; and a Goal Setting Seminar: How To Set Goals That Stick.
- Staff attended the A&E Board meeting on Tuesday.
- Every third Thursday of the month, the Business Relations Work Group of Main Street Hagerstown will be hosting a one-hour forum for downtown business owners to hear special topics, meet new business owners, and share challenges and successes. The first monthly downtown business owner forum will be held on January 19<sup>th</sup> at 10 a.m. at DCED. January's kick-off meeting will feature the new Hagerstown Chief of Police, Victor V. Brito

**Blues Fest Update:** The Western Maryland Blues Fest Poster Artist was revealed this week at the Mayor & Council Work Session. The selection was "Playing the Blues Together" by Nathan Gorey. Nathan, a recent graduate from Towson University and native of Mount Airy, Maryland, is currently a graphic artist and illustrator in Baltimore.

**FIRE DEPARTMENT**

<b>FIRE DEPARTMENT CALLS FOR ASSISTANCE</b>			
House Fires	2	Community Risk Reduction	1
Building Fires	3	Public Service	5
Medical Assistance	20	Personal Injury Collision	3
Assist other Fire Departments	2	Fuel/Hazard Spills	0
Auto Fire Alarms	5	Gas Leaks	0
Vehicle Fires	0	Investigation: Odor, Smoke, Fire	9
Elevator Service Call	1	Dumpster/Outside Fires	3

**INFORMATION TECHNOLOGY & SUPPORT SERVICES**

**COMMUNICATIONS**

**This Week's Headlines and Media Releases:**

- City and Partners Announce Calls for Artists
- Towson Graduate Selected as 2017 Blues Fest Visual Artist
- Hub City 100 Miler Kicks Off in New Fit Room at Fairgrounds Park
- Advisory: No Delay in Trash & Recycling Collection for Martin Luther King, Jr. Holiday
- E-Casts:
  - o Public Information Meeting - City Park Lake Dredging
  - o Reminder: Hagerstown Greens Public Information Meeting

**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  
12 p.m. Saturday & Sunday  
7 p.m. Monday & Sunday
  - o Valor in the Streets  
3 p.m. Sunday  
7 p.m. Wednesday & Saturday

- In production:
  - o City Park Public Information Meeting

**Websites:**

- **City Website:**
  - o About **10,249** users visited [www.hagerstownmd.org](http://www.hagerstownmd.org) for the week of January 2 - January 8, 2017.
  - o Top entrances (first page users accessed on the website)
    - Home page 3,139
    - Hub City 100 Miler page 624
    - Utility Billing page 546
    - Jobs page 360
  - o Top Searches:
    - "true"
    - "jobs"
    - "trash & recycling"
    - "employment"
    - "christmas tree pickup"
    - "fit room"

**PARKS & ENGINEERING**

**PARKS DIVISION**

1. **Hub City 100 Miler.** The Hub City 100 Miler kicked off Thursday night in the new Fit Room at Fairgrounds Park. Over 300 people attended the kic-off event and over 1,100 people have registered for the challenge to complete 1 mile a day for 100 days.
2. **Fit Room Recreation Classes.** Below are some pictures of the first class in the new fit room. We have three new indoor recreation classes rolling out this weekend! Join us Saturday for Dance Fitness and PiYo and on Sunday for Fit Fido. More information is included on the attached flyer!



**ENGINEERING DIVISION**

1. **NPDES General Permit for Stormwater.** On December 22<sup>nd</sup>, MDE notified the City that they had reached a Tentative Determination to issue a new stormwater permit to Phase II communities. Once the new regulations become effective (likely in mid-2017), the City will be required to develop a plan to provide water quality treatment for 20% of the impervious area in the City that is not currently managed. MDE is holding a public meeting to discuss the new regulations on February 6<sup>th</sup>; staff is reviewing the draft permit, and will compile comments for submission to MDE before the March 30<sup>th</sup> deadline.
2. **Professional Court.** We received the 60% complete construction plans for Professional Court and Eastern Blvd from Washington County. We will send them review comments later this month.
3. **Hamilton Run Realignment.** Staff hosted a public meeting at the Golf Course to present concept plans for relocating a portion of the stream through the course. This change would help alleviate flooding of several fairways (lost revenue) and would decrease maintenance costs related to cleanup of flood debris. The design project is part of the grant-funded Hamilton Run Action Plan development. Approximately 15 golfers and residents attended.

4. **Engineering**

TRAFFIC ISSUES		
Description	Week of 1/6/17	2017 TOTALS
Traffic complaints received	1	1
Work Orders completed	5	5
Traffic counts completed	0	0
CONSTRUCTION PROJECTS		
Description	Week of 1/6/17	2017 TOTALS
Projects advertised for bids	0	0
Projects under construction	8	8
Projects completed	0	0

**PLANNING & CODE ADMINISTRATION**

1. **Planning Commission:** Planning Commission members reviewed these items on January 11:
  - CortPark – 12804 Little Elliott Drive – Conditionally approved the site plan for a plan that adds a net of 72 units within existing buildings and implements numerous site improvements (including access drive to Eastern Boulevard, sidewalks from the YMCA to MD 60, regrading of steep areas, reconstruction of certain site features, extensive new landscaping and other improvements). Approval included approval of minor adjustments to the forest conservation plan and two site plan waivers. While the number of units in the development will increase, existing units will be sacrificed for the work (converting one 3 bedroom unit and hallway space into one 1 bedroom and one 2 bedroom unit). This will result in no net change in the total number of bedrooms within the development (1296).
  - Minor Site Plan Requirements – Discussion.
  - Comprehensive Plan Update: Discussed the draft Introduction and Implementation Elements.

2. **Weekly Activity Report:** January 3–6, 2017

<b>PERMITS</b>								
<u>TYPE</u>	<u>NUMBER OF NEW APPLICATIONS</u>							<u>NUMBER ISSUED</u>
Building	7	Residential -	1	Commercial -	5	Other -	1	1
Electric	12	Residential -	8	Commercial -	4	Other -	0	10
Plumbing	6	Residential -	2	Commercial -	4	Other -	0	6
Mechanical	4	Residential -	1	Commercial -	1	Other -	2	4
Engineering Dept.	2							1
<b>TOTAL</b>	31		12		14		3	22
<b>Est. Value of Issued Building Permit Projects:</b>				<b>Fiscal Year Totals:</b>				
Residential				\$ 500.00				\$ 3,952,182.00
Commercial				\$ 0.00				\$ 10,559,063.00
Apartment				\$ 0.00				\$ 697,325.00
Sign				\$ 0.00				\$ 263,025.00
<b>TOTAL</b>				<b>\$ 500.00</b>				<b>\$ 15,471,595.00</b>
<b>RENTAL LICENSING PROGRAM YEAR: JULY 1, 2016 – JUNE 30, 2017</b>								
				<b>PROPERTIES</b>	<b>UNITS</b>			
Registrations received week of Jan 3 – Jan 6				4	9			
New applications issued week of Jan 3 – Jan 6				2	2			
Total 2016-2017 registered (includes changes since 5/1/16)				3,407	8,978			
Total still outstanding from May 1 renewal mailing				8	9			
<b>Notes:</b> The 2016-2017 rental license renewals for 9,102 units in 3,468 properties were mailed on May 2, 2016. \$500 citations have been issued against five property owners who have failed to renew their license for this program year and continue to operate an occupied rental property. Three other properties are being researched, as occupancy is a bit uncertain. If occupied, the owners also will be fined.								
<b>PAYMENT</b>								
Weekly payment received		\$ 775						
Weekly adjustment/credits		\$ 575						
<b>INSPECTIONS</b>								
<u>TYPE</u>	<u>NUMBER CONDUCTED</u>							
Building	29							
Electrical	18							
Plumbing	11							
Mechanical	13							
Safety	20							
Neighborhood Vitality	37							
Quality of Life	24							
Preventive Maintenance	22							
Planning & Zoning	4							
<b>INSPECTIONS KEY:</b>								
<b>Categories of Conditions</b>								
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:	1,455	Field Interviews:	41
Arrests/Warrants Served:	25	Moving Violations:	28
Domestic Violence Calls:	15	Parking Violations:	152
DUI Arrests:	1	Safety Repair Orders:	7
Reports Filed:	147	Warnings:	66

**REPORTS:**

01/05/17: Officer Goggin responded to West Franklin Street for a reported robbery in progress. The victim advised that a male came up behind him and pulled a knife on him. The suspect claimed that the victim took something that belonged to his mother and he wanted it back. The male threatened to stab the victim and made lunging motions toward the victim. The suspect is a known individual to the victim. Charges are forthcoming for the suspect.

01/06/17: Officer Lam was dispatched to the Hagerstown Police Department for a report of a theft. The victim stated that someone had stolen and used her credit card and made a purchase at Best Buy. The video camera at Best Buy was able to capture the suspect making the purchase. The victim stated she last used her credit card at a local restaurant. The officer made contact with the manager at that restaurant and the manager was able to supply the name of the male in the photo as an employee at that establishment. Charges are forthcoming.

01/07/17: Officer Hill responded to West Franklin Street for reported burglary. The victim advised that when he arrived home his window to the back door was broken. The victim did not enter his residence until the police arrived. The officer cleared the residence and found no one inside. It should be noted that both the front and back doors were secured. The victim was asked to enter and see if anything had been taken. It was discovered that two smart TV's, Xbox and games, sneakers and other various items were missing. The total value of the items taken is \$2,100. There are no suspects at this time.

01/08/17: Officer Vogel was dispatched to McDonald's on East Washington Street for a report of trespassing. The manager stated there was a male in a booth that had been served with a letter of no trespass. The officer spoke with the male and asked if he was aware of the letter of no trespass for this business. The male replied yes he knew, but thought since it was a new year the letter was no longer valid. The officer explained the no trespass letter had no expiration date. He was charged with Trespassing on Private Property.

**PRESS RELEASE:**

On 01/13/17 at 2:29 a.m. officers from the Hagerstown City Police Department responded to the 100 block of North Cannon Avenue for a report of shots fired. Upon arrival officers located a male victim suffering from multiple gunshot wounds. The victim was transported to Meritus Medical Center and was later pronounced dead. The investigation is on-going. Anyone who has information or may have witnessed the incident is asked to call 301-790-7300 or email [crimetip@hagerstownpd.org](mailto:crimetip@hagerstownpd.org).

**OTHER NEWS/INFORMATION:**

**Congratulations to the New Hires.** The City of Hagerstown recently hired six individuals for open positions as police officers at the Hagerstown Police Department. Joseph Brady, Zachary Kimmel, Hunter McKinley, Jesse Patterson and Joshua Thompson began their training at the Hagerstown Community College Police Academy on January 9, 2017. These five individuals will be training for 24 weeks at the Academy and upon graduation will enter the Field Training Program at the Hagerstown Police Department. These cadets are under the command of Sgt. Justin Wert.

Officer David Thibadeau, the sixth new hire, graduated from the Hagerstown Community College Police Academy in June, 2016. He is now in the Field Training Program at the Hagerstown Police Department and has been assigned to the Charlie Platoon under the command of Sgt. Ed Plummer.

We wish them well with their training and the start of their police career.

**PUBLIC WORKS**

**PARKING SYSTEM DATA**

		<b>Current Week</b>	<b>Previous Week</b>
<b>Number of Permit Holders</b>	A & E Deck	204	204
	University District Deck	466	464
<b>Number of Patrons Using Decks</b>	A & E Deck	1402	1287
	University District Deck	1187	867
<b>Sales of Discount Coupons</b>		0	0
<b>Number of Citations Issued</b>	(Includes Warnings)	70	136
<b>Number of Late Payment Notifications</b>		70	76
<b>Peak Occupancy (%)</b>	A & E Deck	64% Thu @ 2 PM	*73% Sat @ 6 PM
	University District Deck	48% Thu @ Noon	34% Wed @ 2 PM

\*Donut Drop

**CENTRAL MAINTENANCE GARAGE REPAIR DATA**

	<b>Current Week</b>	<b>Previous Week</b>
<b>DCED</b>	0	1
<b>Fire</b>	3	1
<b>Human Resources</b>	0	0
<b>Light</b>	4	2
<b>Parks &amp; Engineering</b>	1	1
<b>Police</b>	10	11
<b>Public Works</b>	9	2
<b>Wastewater</b>	1	0
<b>Water</b>	5	5
<b>Weekly Totals</b>	33	23

**UTILITIES DEPARTMENT**

**ELECTRIC DIVISION**

**Problem Areas**

- Sat. 1/7 - 46 South Mulberry Street- partial outage; loose lugs inside meter socket.  
Time Out: 13.4-14.5
- Sun. 1/8 - 427 West Franklin Street- total outage; customer's main breaker was tripped.  
Time Out: 0.0-1.5
- 710 West Washington Street- total outage; customer's main breaker was tripped.  
Time Out: 12.0-12.9
- 233 North Mulberry Street- house fire; meter was removed and service disconnected at the request of the HPD. Time Out: 19.4-20.6
- Tues. 1/10 - 306 Radcliffe Avenue- Miss Utility emergency locate for Columbia Gas to make repairs to a gas main break. Time Out: 18.0-18.7

**Distribution**

- Metering Staff received no high bill complaints this week.

Lamps Replaced	New Fixtures Added	Changeouts	Fixtures Removed
6	0	0	0

**Engineering**

- Staff continues to work with Alevo for the battery storage installation located behind the Snook substation.

**Administration**

- The City experienced a power outage late Wednesday morning effecting approximately 5,000 customers due to a fault on Potomac Edison metering equipment. Staff was able to respond and have power restored to all customers in approximately one hour.

**WATER DIVISION**

**Plant Flows - System Demand (MGD)**

Date	Willson	Breichner	Total
01/05/17	11.49		11.49
01/06/17	11.33		11.33
01/07/17	11.39		11.39
01/08/17	11.23		11.23
01/09/17	11.90		11.90
01/10/17	11.67		11.67
01/11/17	12.10		12.10
Average:			11.58

**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 a leak in the caustic tank.
- Instrumentation
  - RC Willson – Staff made repairs to the power wires on the fluoride system.
  - RC Willson – A temperature probe was installed on the finished water.
  - 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 0.5 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, restores and routine meter testing. Repairs were made to a water main on Pangborn Boulevard.

**Laboratory**

- Collected weekly TOC on Potomac River.
- Collected weekly THM/TOC samples on the Willson Plant.
- Collected monthly THM samples.
- Collected POE samples from MCI. Preliminary results are normal.

- Collected TSS and Aluminum sample from the lagoon discharge.
- Process and regulatory testing was routine for the week.

**Engineering**

<u>Reviews:</u>	<u>City</u>	<u>County</u>
Site Plans	1	4
Preliminary Plats	-	-
Final Plats	-	-
Building Permits	10	13

- Staff met with the City Fire Marshall, a consultant and the commercial owner regarding accessibility of an existing fire and domestic service.
- Staff attended a development review meeting at the County Planning Office.
- Staff met with a consultant for discussion of the preliminary design of an existing apartment meter/vault service upgrade.

**WASTEWATER DIVISION**

**Wastewater Treatment Plant at Frederick Street**

<b>Date</b>	<b>Flow (mgd)</b>	<b>Rainfall (inches)</b>
Wednesday, January 4, 2017	6.94	0.05
Thursday, January 5, 2017	6.53	0.00
Friday, January 6, 2017	6.23	0.00
Saturday, January 7, 2017	6.14	0.00
Sunday, January 8, 2017	6.04	0.00
Monday, January 9, 2017	5.98	0.00
Tuesday, January 10, 2017	6.02	0.00
Weekly – Avg. Flow / Total Rainfall	6.27	0.05
Jan - Avg. Flow/Total Rainfall	6.29	0.25

- Rebuilt two WAS (Waste Activated Sludge) pumps in ASPS building.
- Cleaned the Velodyne polymer system and repair mixing chamber.
- Insulated external MagOx piping.
- Removed temporary pipe/fittings on BD150 air dryer and install new OEM parts.
- Routine maintenance (MP2 Program) and Corrective Work orders.

**Wastewater Collection**

**SSES Weekly Progress**

<b>CCTV Inspections</b>	<b>#30</b>	<b>656'</b>	<b>528'</b>	<b>18</b>
<b>Flushing</b>	<b>#13</b>	<b>6,672'</b>		

**Collection System Maintenance Task**

- Sewer back up at 12410 Crystal Falls Road (City water), back up in residence, internal plumbing issue, assisted by pumping basement out with vacuum truck.
- Sewer back up at 918 Summit Avenue, problem on private side.

- Sewer back up at 1101 West Irvin Avenue, problem on private side.
- Hauled scrap lids to Conservit.
- Pulled flow meters #15122 and #36001, downloaded data.
- Replaced broken manhole lid at 735 Potomac Avenue.
- Grinder Pump call at 1115 Pinewood Circle, reset switch.
- Grinder Pump call at 20215 Mahogany Circle, reset switch.
- Dropped Enzyme bags at various lift stations and trouble spots in the system.
- General grinder pump shop work.
- General housekeeping in shop/garage.

**Administration**

Wastewater Division – Customer Call Log Summary 2017							
Type	Blockages	Grinder Pumps	Odor Complaints	Flushing	WW Pump Station	Other	Totals
Weekly	1	2	0	0	0	4	7
YTD 2017	2	2	0	0	0	5	9

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

**Engineering**

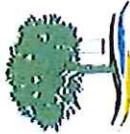
- A Pre-Construction Conference is scheduled for January 18, 2017 for the next phase of gravity sewer infiltration/inflow rehabilitation.
- The design of upgrade piping for P.S. # 3 is in progress with a RFP for a survey of as-built site conditions.

**Laboratory**

- Toured facility and reviewed permit for Pinnacle Foods.
- Completed annual on-site Lachat inspection by Hach service technician.
- Contacted Lachat Tech Support regarding improper functioning of manifold valve. We returned valve 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](http://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 Mar. 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.

## PTO

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.

