

FALL PROGRAM GUIDE

FALL 1: AUGUST 31-OCTOBER 25, 2026
FALL 2: OCTOBER 26-DECEMBER 20, 2026



lititz
recCenter
A Premier Recreation Facility



www.lititzrec.com
717.626.5096

See page 14

MEMBERSHIP MONTHLY RATES*

One-year membership monthly EFT fees

	Resident	Nonresident
Family	\$117	\$138
Adult	\$70	\$82
Youth	\$32	\$39
Young Adult (ages 18 – 22)	\$52.50	\$63
Senior (60-64)	\$56.50	\$67
SeniorPlus (65+)	\$48.50	\$56.50

*\$100 Joiner Fee applies to all new membership plans, and is not reflected in the monthly rates above. *Rates valid until August 31, 2026.

Residents of Warwick Township, Lititz Borough, and Elizabeth Township receive Resident price savings!

Fixed 3 month, and 6 month and 1 year membership options available with one-time payment. Best Value-1 year!

LRC Members Save 50% on memberships of equal value at Lititz recROC and Season Passes for Lititz Springs Pool!

Daily Guest Rate**\$20 Adults (23-59)****\$15 Senior/Student**

Save 20% on daily Guest Rate when you purchase a 5 Visit Flex Card

Adult \$80**Senior/Youth/
Young Adult \$60****LRC FLEX
CARD****Make the MOST of your MEMBERSHIP!**

- ◆ 2 free Guest Passes for family & friends
- ◆ 2 Free Fitness Center Orientation Sessions
- ◆ Free kidZone babysitting while you visit
- ◆ Unlimited access to all pools, gyms, and fitness facilities
- ◆ Discounts for programs and events
- ◆ Exclusive use of Member-Only locker rooms and saunas
- ◆ Priority registration for programs and classes
- ◆ 130+ free live and virtual fitness & aquatics classes each week
- ◆ Free seasonal fitness & wellness incentives
- ◆ Discounts on parties and group rentals
- ◆ Discounts on Personal Training & Spa Services
- ◆ 50% off recROC add-on Memberships
- ◆ 50% off Lititz Springs Pool Season Passes
- ◆ and more.....

Warwick Regional Recreation Commission

Pavilion Rentals, Parks,
Playgrounds, and Trails

warwickregionalrec.org

Ron Stief

WRRRC/LrC Regional Recreation Coordinator

717-626-5096 Ext. 229 • ronstief@lititzrec.com

The Warwick Regional Recreation Commission is an intergovernmental agency committed to providing information, knowledge, and direction for the development and enhancement of parks and recreation opportunities for residents of the Warwick School District.

**HOW TO REGISTER FOR PROGRAMS**

- Register online at www.lititzrec.com!
 - Call us to sign-up 717.626.5096
 - Register in-person at Lititz recCenter or recROC
 - **Members have priority registration and reduced fees!**
- Fall Session 1: August 31 - October 25 (8 Weeks)**
Member Registration: August 10
Nonmember Registration: August 17
- Fall Session 2: October 26 - December 20 (8 Weeks)**
Member Registration: October 5
Nonmember Registration: October 12

OUR MISSION:

The mission of the Lititz recCenter, a non-profit organization, is to enrich the lives of the community by providing exceptional programs and facilities that promote the participation of individuals, families, businesses and groups from all backgrounds.

Support our Mission!
Kids-in-need benefit from financially-assisted memberships – donate today!

**FALL FACILITY HOURS:**
www.lititzrec.com
www.lititzrecROC.com

	Lititz recCenter	recROC
Monday-Friday	5am-9pm	5am-8pm
Saturday	6am-7pm	8am-6pm
Sunday	8am-7pm	8am-6pm

Indoor Pool Hours

Monday-Friday	Main Pool	5:30am-8:45pm
Monday-Friday	Splash Pool	6:00am-8:45pm
Saturday	Main Pool	6:00am-6:45pm
Saturday	Splash Pool	7:30am-6:45pm
Sunday	Main Pool	Noon-6:45pm
Sunday	Splash Pool	Noon-6:45pm

KidZone Babysitting

Monday-Saturday 8am-Noon

Monday-Thursday Evening 4-8pm

Free for members \$10 nonmembers

Limited capacity and 2 hour time limit.

Children 2 months-1 year -75 minutes.

Hours may vary on holidays.

Holiday Hours

	Lititz recCenter	recROC
Labor Day (9/07)	7am to Noon	7am to Noon
Thanksgiving Day (11/26)	7am to Noon	Closed
Christmas Eve (12/24)	8am to 2pm	8am to Noon
Christmas Day (12/25)	Closed	Closed
New Year's Eve (12/31)	8am to 6pm	5am to 6pm
New Year's Day (01/01/2027)	8am to 6pm	Closed

Check website for Indoor Pool & kidZone modified hours on holidays

FREE TO THE COMMUNITY!**LABOR DAY FITNESS DANCE PARTY!****Monday, September 7**

Refreshments & Snacks will be provided!

9:00-9:30am POUND 9:30-10:00am OULA**NATIONAL WOMEN'S HEALTH & FITNESS DAY****Wednesday, September 30**

Free Body Composition in the Lobby 5:00-7:00pm.

10% discount on Personal Training or Spa Services.

FOR WOMEN ONLY**LES MILLS LAUNCH CELEBRATION PARTY****Saturday, October 3**

Refreshment & Snacks will be provided!

Les Mills TONE 8:15-9:00am**Les Mills GRIT Strength 8:15-8:45am****Body Balance 9:15-10:15am****Body Pump 9-10am****WORLD MENTAL HEALTH DAY****Saturday, October 10****Hatha Yoga 9:15-10:00am****PUSH-UPS FOR THANKSGIVING****Wednesday November 25 from 5:45-6:15pm**

First male & female with most repetitions will win a TURKEY!

TAEKWONDO OPEN HOUSE**Tuesday, September 29 from 6:30-7:30pm**

Meet our Master Kirk Wolfe in person to get insight into his expertise and learn about Martial Art Benefits. Free uniform to start! Refreshments & snacks will be provided!

FITNESS CENTER INCENTIVES**HOLIDAY SURVIVOR CHALLENGE****November 23-December 31****\$15 Member \$20 Nonmember**

We are helping our members to stay accountable and on track this holiday season! Check in with our Fitness Department to record your "survivor points" and earn a tech-shirt prize for your hard work and reward.

MEMBERSHIP SPECIALS!**SAVE DURING OUR ANNUAL EVENTS****September 12 & 19**

Save \$50 off the joiner fee when you purchase a one-year membership at the recCenter and any qualifying recROC membership during our remaining annual events!

Boulder Bash - Saturday, September 12th**Pretzel Twist - Saturday, September 19th****NOVEMBER FOOD DRIVE**

Join between Nov. 1-30 with a new one-year membership and Save \$50 off the joiner fee when you bring in 4 non-perishable food items for the Warwick Community Chest.

JANUARY BIG PROMO**January 1-31, 2027**

Waive the Joiner fee on all new one-year memberships. Save \$100! Embrace the New You 2027! Year of You!

SEASONAL EVENTS**GINGERBREAD HOUSE MAKING****Wednesday, December 17**

Come make gingerbread houses and you can bring your family to celebrate the holidays.

\$25 Member family \$35 Nonmember family**NYC BUS TRIP****Saturday, December 5****6:30am-10:00pm • \$90**

Spend the day in the Big Apple! Leave LrC at 6:30am. Drop off and departure is Winter Garden Theater just north of Times Square. Pick up at the Winter Garden theater will be at 7pm arriving back at the LrC around 10pm.

WATCH ME MOVE!**Thursday - 9:45-10:45am****Free to Member \$70 Nonmember**

Tired of screens and looking for a way to move, and having fun with little ones? Watch Me Move is an outdoor exercise class designed just for moms who want to get active while keeping their kids engaged. We will put the FUN in functional fitness with body weight, resistance bands exercises for moms. Songs, stories and games for kids.

ANNUAL EVENTS**BOULDER BASH LATE REGISTRATION - HURRY!****Saturday, September 12th****Doors open at 7:30am****Ages 7 to Adult****\$40 Member \$50 Nonmember**

Last chance to register for our annual bouldering event. Free BB26 t-shirt while supplies last. Don't miss out on this fun and friendly competition at the recROC! Three waves based on registration level. Starting with Youth/Novice at 8am, Intermediate and Advanced competitors follow at 9:30am.

49TH ANNUAL LRC PRETZEL TWIST AND KIDS RUN**Saturday, September 19th - 8am****\$25 Member \$30 Nonmember after September 10th**

Run a 5K in beautiful downtown neighborhoods of Lititz.

The run begins and ends at the Lititz recCenter.

1.2-mile Kids run starts prior at 7:45am.

Pretzel Twist begins at 8AM. This is also the last race in our Triple Crown Series. Visit www.lititzrec.com or call/visit the front desk 717.626.5096 ext. 221.**LITITZ RecCENTER 21ST ANNUAL YOUTH TRIATHLON****Ages 5-12 (Swim-Bike-Run)****Friday, October 9, 2026 at 5pm. Rain Date October 11**

Register by September 28, 2026 to be guaranteed a T-Shirt and goodie bag. Swim-Bike-Run! Main-Pool & Parking Lot and the Cross Country Field

GET READY FOR 2027!**Lititz recCenter 13th Annual Triathlon & Lititz recCenter 2nd Annual BIKE/RUN Sunday August 8, 2027 at 8am.**Discontinued Registrations before March 31, 2027. To register visit www.lititzrec.com or call 717-626-5096 ext.221.For details contact us at SimonAbabou@lititzrec.com

recKids Child Care

Year-Round Fun & Learning at Lititz rec

Serving families with licensed school year and summer child care programs in K through 6, and recKids Preschool, for 3-5 years old. Multiple weekly rate plans are available. ELRC subsidy is accepted.



Before & After School recKids

We proudly Partner with Warwick School District to provide quality care for K-6 students at school locations(K-3) and at the Lititz recCenter (4-6). Busing for Older Kids Club(4-6) is provided by the Warwick School District to Lititz recCenter.

- Before School Care & Breakfast at Warwick Elementary Schools.
- After School Care At Warwick Elementary School's & Lititz recCenter



recKids Preschool

EXTENDED DAYS

We offer an extended day (8:15am-2:15pm) in which the children can enjoy lunch together and participate in enrichment activities. Enrichment activities include but are not limited to yoga, STEM, music, gross motor activities and swimming.

recKids Preschool is curriculum based using PA Early Learning Standards to create experiences that are fun and educational for children. Learning through play prepares children for entrance into kindergarten and promotes pro-social development as children learn to work in a group setting. Preschool has two-day, three-day, and 5-day options. Weekly swim lessons and water play are included in tuition pricing.



We are Hiring!

Join the recKids team! We're hiring part-time positions for former teachers, babysitters, and those with experience working with kids, offering a free Lititz recCenter membership as a perk.

Registration Open

Registration opens for Kids K-6 April 1, 2026 for summer and the 2026/27 school year.

- Preschool recKids 2026-27 for kids from any school district turning ages 3-5 by September
- School-Year 26-27 recKids for Warwick School District students entering grades K-6

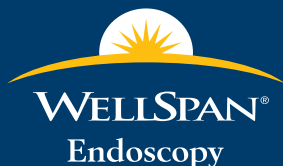
Families can register for recKids child care programs beginning in April. Spaces remain open until they are filled, at that time, waiting lists may form for some programs or sites. Tuition and registration information can be found at www.lititzrec.com/recKids or by requests sent to recKids@lititzrec.com. Call 717.626.5096 ext. 234 for details.



SNOW DAY CAMP



Students enrolled in our Before/After School recKids program may also register to attend optional camp days at the Lititz recCenter on scheduled days off school, early dismissals, and snow days. Special activities may include arts and crafts, STEM, outdoors time, and board games among many other fun activities! New this year, Older Kids Club (4-6) students will be offered swimming, electronics time, walking trips, and sports lessons!



Time for a gut check?

Expert digestive care made easy for *you* ♦

WellSpan.org/GutCheck

KIDS DANCE PROGRAMS

Fall Session 1: September 7-October 24

Fall Session 2: October 26-December 19

\$75 Member \$95 Nonmember

Preschool Kids Tap & Ballet (Ages 3-5)

Tuesday • 10:15-11:00am

This class will give the little dancers a basic introduction to ballet steps, taps moves and positions while enhancing motor skills and coordination.

Kids Ballet 1 (Ages 3-4)

Saturday • 9:00-9:45am

Kids Ballet basics, including classroom etiquette, dance vocabulary and technique. Creative movement used to tell stories, play games and go on dance adventures.

Kids Ballet 2 (Ages 5-7)

Saturday • 9:45-10:30am

A class to expand Ballet vocab and techniques in center floor and traveling across the room. Learn choreography and create movement sequences.

Kids Hip Hop (Ages 6-10)

Saturday • 10:35-11:20am

Learn fun movements in hip hop dance with jazz, funk, pop and world influences. Wear comfortable workout clothing and shoes.

CHANCE TO DANCE

September 14-December 10

This 13-week program for dancers ages 3-13 who wish to improve and develop dance techniques, build relationships and perform in an informal costume showcase on Saturday December 12 at 2pm. Free for guests to attend.

CTD-1 Beginner Ballet & Tap: Dance with props, fun music, and storytelling!

CTD 1A (Ages 3-4): Tuesday • 5:15-6:00pm or 6:00-6:45pm

CTD 1B (Ages 5-6): Tuesday • 6:45-7:30pm

Fees: \$160 Member & \$180 Nonmember

CTD-2 Jazz & Tap (Ages 7-9): Learn upbeat movements & intricate choreography!

Thursday • 5:15-6:00pm

Fees: \$220 Member & \$240 Nonmember

CTD 3A Hip Hop & Jazz Funk (Ages 8-13): Master hip hop & jazz funk routines!

Thursday • 6:00-6:45pm

Fees: \$220 Member & \$240 Nonmember

BRING YOUR PARTY TO THE REC!

Birthday Packages

Group Rentals & Outings

Special Events & Celebrations

party@lititzrec.com

717-626-5096 ext 247

Make a Reservation!

ADULT DANCE & ACTIVITY

Fall Session 1: September 7-October 24

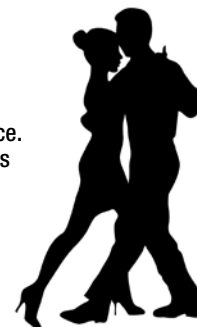
Fall Session 2: October 26-December 19

Ballroom Advanced

Thursday • 6:45-7:45pm

Each class will focus on one social dance and teach you more than one basic step in that dance. This class will help you learn the characteristics of the dance and how to navigate a crowded dance floor.

\$100 Member \$120 Nonmember



MARTIAL ARTS

TAEKWONDO

Monday & Wednesday

Junior Warriors (Ages 5-9)

6:15-7:05

Master Warriors (Ages 10-Adult)

7:15-8:05pm

This program offers advancement levels to learn traditional & Olympic style. Taekwondo, Hap Ki Do and Self-defense with discipline. Protective gear provided! The instructor Kirk can give all participants info about uniform and ranks.

A monthly fee of \$90 Member

\$105 Nonmember.

Second Family Member is \$70 Member

\$90 Nonmember.

Three + Family Members are a flat rate of \$220 Member \$285 Nonmember.

Private lessons
in Taekwondo & Self Defense

Join our self-defense classes with Master Kirk Wolfe, who will guide you through a comprehensive range of techniques to effectively protect yourself in challenging situations.

Single session - Member \$50 Nonmember \$68

Package of five sessions - Member \$225 Nonmember \$290

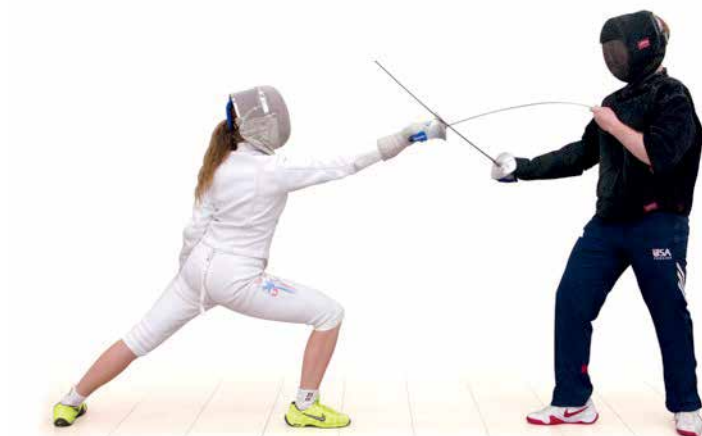
To book your session, email us at: SimonAbabou@lititzrec.com

Private Lessons in Fencing

Coach Nic Alex offers personalized coaching that prioritizes the unique needs and abilities of each student.

Single 30-minute session Members \$32 Nonmembers \$48

Package of eight 30-minute sessions



YOUR FIRST TIME
TO CLASS IS FREE!

PICKLEBALL AT THE REC

Pickleball Open Play

Free for members! Daily Guest Pass for nonmembers

Pickleball combines skills and rules of badminton, tennis, and ping-pong. Bring your own balls (BYOB).

Private Pickleball Lessons

One on one private lessons. Contact craigpersing@lititzrec.com, 717-626-5096, ext 237.

member \$50 nonmember \$70

Pickleball Private Group Lessons

Classes for 2-4 players of similar skill level focused on the basic skills and strategies of the game. Classes by appointment - min of 2 players. Contact craigpersing@lititzrec.com, 717-626-5096, ext 237.

member \$25 each player nonmember \$50 each player

Pickleball Adult Beginner Class

Sept/Oct/Nov - Thursday • 6:20-7:05pm

This is an adult beginner class that meets 4 times.

Class will include learning the rules and skills needed to play Pickleball.

This class will be taught by experienced coaches/instructors. The class is designed for ages 16+. If you have your own paddle, bring it, or borrow one of ours. Balls will be provided during class.

member \$65 nonmember \$95



Pickleball Court Rentals ***ONE HOUR RENTAL***

Book a private pickleball court in our new upstairs gym! Members and guests are responsible for setting up and breaking down the pickleball nets. This is a rental for 1 court only. If you prefer Gym 7 or Gym 8, please email craigpersing@lititzrec.com to confirm. If not, we will schedule you for either of those gyms. Bring your own pickleballs and paddles. All available times can be found online using the Lititz recCenter Daxko Mobile App

member \$30 nonmember \$50

Pickleball Party Rentals

Want to host friends and family? Interested in multiple courts and extra space? Elevate your next gathering with our all-inclusive pickleball party rental service, featuring premium courts and equipment tailored for everyone. Enjoy hassle-free planning for an unforgettable day of fun and competition! Reach out to bernadettecisney@lititzrec.com for additional pickleball party information and get your party booked today!

Fall Pickleball Tournament

November 7 & 8

Participants must have a partner to register** All games will be played at the 12 indoor courts at the Lititz Rec Center. Play will be Round Robin format with a guarantee of 3, best of 3 matches. Each division will be separated by rating. Saturday is the men's and women's doubles divisions. Sunday is the mixed doubles division and the Senior doubles division (Ages 55+). Scores will be entered into DUPR. Exact times will be finalized after all teams have registered.

\$45 per member \$55 per nonmember (\$10 for additional events)



Pickleball Fall Schedule August 24th – November 29th

All pickleball times will be in Gyms 5 & 6, unless otherwise noted.

Members: FREE

Nonmembers: Daily Guest Fee

Follow us on the TeamReach App for schedule changes/updates.

Group Name: Lititz Rec Pickleball Group Code: LRCPicklers1

Monday-Friday	5:30 am– 2pm
Tuesday <i>Open Play</i>	6:30pm-9pm
Wednesday <i>Open Play</i>	7:30pm-9pm
Friday	6pm-8:45pm
Saturday <i>Open Play</i>	6:30am– Noon 4pm-6:45pm
Sunday <i>Open Play</i>	8:30am-12pm; 4pm-6:45pm

Contact CraigPersing@lititzrec.com for beginner classes, private lessons or to reserve private court time.

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ALWAYS!



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New patients welcome!

Call us TODAY: **717.627.3113**



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Richard M. Berg, DDS



Warwick Center, Lititz | **www.drberg.net**

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Lancaster Ice Rink

FAMILY FUN AT THE RINK

HOME OF THE FIREBIRDS

PUBLIC SKATE

WEEKDAYS - 12:00-1:30PM

SATURDAY - 12:00-2:00PM

7:15-9:15PM

SUNDAY - 2:00PM-4:00PM

Learn to Skate

Learn to Play

Travel Hockey

Freestyle Ice Skating

Adult League Hockey



LANCASTERICERINK.ORG
371 CARERRA DRIVE, LANCASTER

RT25949

RT29557

PERSONAL TRAINING



Meet with a Personal Trainer today!

FREE FITNESS ASSESSMENTS!

Get started on your fitness journey at Lititz recCenter. Schedule a free fitness assessment with our training staff to determine your starting point for setting attainable fitness goals. This is an important first step toward success! To schedule, contact SimonAbabou@lititzrec.com or call 717-626-5096 ext. 239.

FREE!

Individual Personal Training -

Work one-on-one with our certified personal training staff to get started safely in a fitness routine, effectively change your work-out, or conquer a challenge together. Schedule sessions to fit your lifestyle. 717-626-5096, ext 239 Book multiple sessions and save!

Group Personal Training -

Gather a group of up to 3 people to train together, motivate, and challenge one another! simonababou@lititzrec.com to schedule. *single session, 3 sessions, 5, 8, or up to 12 sessions can be booked



Noah Esbenshade
DPT, CSCS

- Background in Sports Performance
- Return-to-Sport
- Injury Prevention
- Expert in Corrective Exercise Strategies

Pre & Post Rehab Training

Certified trainers will help you develop a safe and reasonable recovery plan to bounce back after injury or surgery to assist you in recovery and regaining your strength. Contact SimonAbabou@lititzrec.com or call 717-626-5096, ext. 239 for more info or to Schedule an appt.

WELLNESS & RECOVERY

Massage or Facial Fee:

60 minutes -1 session \$79 or 3 session package \$225

FACIALS

We offer Deep Clean, Hydrating, Berry Bright, Ultra Calming Facials

Fall/Holiday Facials (Sept. through Nov.)

Circadia Pumpkin Perfecting Facial

This facial treatment offers comprehensive care by providing powerful antioxidant protection, boosting collagen, and including a range of steps like skin analysis, double cleansing, enzyme treatment, extractions, high-frequency treatment, massage, mask, hot towels, aroma therapy, and finishing products to brighten and protect your skin.

Circadia Chocolate Berry Facial (December 2026)

Indulge in a luxurious facial experience that combines the decadent benefits of chocolate enzymes with the vibrant radiance of exotic Australian berries, designed to exfoliate gently, enhance blood circulation, and rejuvenate your skin and spirit. All services available by appt. massage@lititzrec.com or call 717-626-5096 ext.318.

Microcurrent Facial

This facial includes cleansing, exfoliation with steam and the use of the microcurrent to stimulate the facial muscles and reduce and reduce the appearance of the fine line and wrinkles.

Fee: 60 minutes - 1 session \$95 3 session package \$276
5 session package \$450

MASSAGE

We offer Swedish, Deep Tissue, Trigger Point, Sport Massage

NEW! CUPPING THERAPY

Cupping therapy is an ancient technique that uses suction cups applied to the skin. The suction pulls skin and underlying tissues upward, which promotes blood flow, relieves muscle tension, and speeds up healing. This treatment is wonderful for clients seeking pain relief, muscle tightness, back and neck discomfort, and headaches.

RECOVERY

Stretching

In our Functional Training Center, you will find another member benefit, it's all about the long red Carpet "mat" for stretching & flexibility exercises to maintain mobility, prevent injury, improve coordination and increase circulation to muscles.

Sauna

Free to members- Unlock the power of wellness with our member-exclusive dry saunas, designed to enhance cardiovascular health, relieve stress, detoxify, boost your immune system, and improve skin health while aiding in muscle recovery and pain relief. Join us and experience the ultimate rejuvenation today!

FITNESS & NUTRITION

F&D Fitness and Diet

A comprehensive training plan that includes exercise, diet, nutrition and mindset. Work with our certified Personal Trainer and Registered Dietician over 16 sessions - 10x30 minutes personal training sessions, plus 6x30 minutes nutrition counseling. Schedule an appt. ext. 239. \$400/member \$530/nonmember.

Personal or Family Nutrition Counseling Work with a registered Dietician to create a plan for healthy eating and follow up with weekly progress sessions.

1-hour Personal Member \$65 Member \$75 Nonmember.

30-min Member \$45, Nonmember \$55.

1-hour Family Nutrition Member \$80 Nonmember \$90.

Reach ext. 239 to make an appointment.

Personal or Fitness Nutrition Counseling

Work with a registered Dietician to create a plan for healthy eating and follow up with weekly progress sessions.

1 hour Personal Member \$65 Nonmember \$75

30 minute Member \$45 Nonmember \$55

1 hour Family Nutrition Member \$80 \$90 Nonmember

SAUDER
excavating

JEREMY PLASTINO, Owner/Operator
Lititz, PA PA080576

Telephone: 717-333-4792

sauderexcavating@gmail.com
www.sauderexcavating.com

R126463

SPECIALTY FITNESS PROGRAMS

Fall Session 1: September 7-October 24

Fall Session 2: October 26-December 19

Kickboxing Club

Thurs • 6-7pm • member \$65 nonmember \$90

Boxing for weight loss, management and stress relief. Stimulate every muscle group as you punch and kick your way through a customized work-out. Train for cardiovascular endurance, coordination, balance, speed and agility.

Rock Steady Boxing

Level 1: Mon & Wed • 11am-Noon Level 2: Mon & Wed • 12:30-1:30pm

All levels: Fri • 11am-12pm

Fuel your fight with Parkinson's, get a good workout, improve quality of life, build power, strength, flexibility and speed.

Monthly Fee: Member \$100 Nonmember \$110

(Monday, Wednesday & Friday)

Glute Room *FALL 2 ONLY*

Tuesday • 8:15-9am

Join our certified personal trainer Ashley Juarbe and step into the Glute Room- a 45-minute lower-body burner designed to build power, endurance, and serious strength through your legs and glutes. This class targets every major muscle from your glutes and hamstrings to your quads and calves with a mix of resistance training, bodyweight work, and functional movement.

\$75 Member \$90 Nonmember

NEW UNLIMITED CLASSES & TIMES ADDED TO OUR SCHEDULE

FREE to Members. Nonmembers Monthly Fee \$70

Pilates

This beginner-level mat class is designed to introduce 18 fundamental exercises that emphasize the core, proper form, and breath work, creating a strong mind-body connection. Suitable for all fitness levels, this class offers a unique opportunity to challenge and motivate yourself towards improved posture and comprehensive full-body conditioning.

Pilates Classes

Monday & Wednesday 7:00-7:45pm,

Wednesday 8:30-9:15am, Friday 9:30-10:15am and

Saturday 8:15-9:00am

OULA

A choreographed low-impact cardio dance fitness class to an energetic pop playlist. OULA empowers participants to challenge their bodies and process their emotions through music, movement, and most importantly, a community connection.

Monday 7-8pm, Tuesday 9:30-10:30am, Wednesday 6-7pm and

Saturday 10-11am



Domino's

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717-581-5200
1611 Manheim Pike, Lancaster, PA
Order Online >> Dominoes.com

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540-842-8448

R124097



GROUP FITNESS CLASSES FREE TO MEMBERS

STRENGTH & CORE

Les Mills Body Pump
Les Mills CORE
Pilates

CARDIO & STRENGTH

HIIT HAPPENS
Bosu Circuit
Les Mills GRIT
(Strength/Plyo/Cardio)

CYCLING

Les Mills RPM
Les Mills SPRINT
Les Mills TRIP
SPIN

SILVER FITNESS/ ACTIVE OLDER ADULTS

Silver Cardio & Strength
Silver Strong
Silver Yoga

CARDIO

Les Mills Body Combat

LOW IMPACT

Les Mills Tone
POUND

BODY & MIND

Les Mills Body Balance
Gentle Yoga
Hatha Yoga
Vinyasa Yoga
Power Yoga
Tai Chi

DANCE FITNESS

Zumba
Oula

VIRTUAL CLASSES

Les Mills Body Pump
Les Mills Body Combat
Les Mills Body Balance
Les Mills Grit Strength
Les Mills RPM
Les Mills Core
Les Mills TRIP

SCAN FOR CLASS SCHEDULES



Instructor-led classes may be subject to change due to weather, availability, etc. Download the Mobile App for announcements, cancellations, and more

YOUTH FITNESS

Fall Session 1: September 7-October 24

Fall Session 2: October 26-December 19

Kids Boxing (Ages 7-13)

Thursday • 5:00-5:45pm

These classes are a great way to introduce children to the sport of boxing & kickboxing while boosting their fitness and self-confidence. Each class teaches participants the basic skills like stance, guard & footwork while promoting strength, endurance, and self-discipline.

\$60 Member \$80 Nonmember

Strong Kids (Ages 7-12)

FALL 2 ONLY

Monday & Wednesday • 5-5:45pm

Kids will use Pump Smart Bars & Small Weights for basic strength and form, muscle endurance, learning to use weights safely.

\$80 Member \$95 Nonmember

SPEED, AGILITY & STRENGTH (Ages 9-14) *FALL 2 ONLY*

Tuesday & Thursday 5-5:45pm

Sport performance type training for fitness, improved acceleration, control, foot speed & strength.

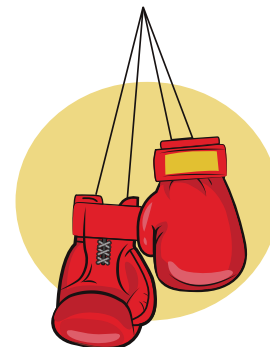
\$80 Member \$95 Nonmember

Speed & Agility Camp

December 21 & 22 • 10:30-11am

Young Athletes can still train during the holidays to stay prepared for their sport or just to get in shape.

\$32 Member \$50 Nonmember



YOUTH PROGRAMS

Fall Session 1: August 31-October 25

Member Reg. August 10/Nonmember August 17

Fall 2: October 26-December 20

Member Reg. October 5/Nonmember October 12

Youth Tumbling (Ages 6-9)

Tuesday • 5:30-6:15pm

Tumbling fundamentals and basic progressions: forward/backward rolls, handstands, cartwheels and round-offs. Focus on coordination, strength and flexibility. Spotting techniques to ensure proper body alignment, muscle memory and safety.

\$70 Member \$90 Nonmember

Flag Football Clinic

Tuesdays: September 8-29 from 5:30-6:15pm

Learn the skills and rules of flag football and play games. Classes will include learning offensive and defensive strategies which will include passing, catching, running routes and proper defensive techniques. This class is designed to prep for league in the fall. We will have a 6-8yr old and 9-12 yr old class.

\$30 Member \$50 Nonmember

NFL Flag Football League

Saturday Mornings

NFL Flag is an NFL supported flag football league for kids in grades 2nd-4th and 5th- 7th. League starts October 3rd and runs for 6 weeks.

\$100 Member \$130 Nonmember



recBasketball (Grade K-2)

Grade K-2 will be an intro to basketball with "League-Like" sessions on Saturdays in January and February starting January 2.

1-hour sessions will begin with skill instruction and end in a game.

Session time to be announced mid- December.

Register by December 28. Boys and Girls will be separated.

\$70 Member \$100 Nonmember

recLeague Basketball

Grades 3-6: Saturday Morning

Middle School/High School Boys: Saturday Afternoon

\$110 Member \$140 Nonmember

Basketball Clinic

Mondays: Grades 1st-3rd • 6:30-7:15pm &

Grades 4th-6th • 7:15pm-8pm

Skills and drills are designed to help kids improve their game for the upcoming seasons.

\$70 Member \$100 Nonmember



Youth Baseball

(Ages 7-10)

FALL 1 ONLY

Thursday • 6:30-7:15pm
Meet outside to learn the fundamentals of fielding, throwing, hitting, and base running through drills and fun games. Bring your own glove or borrow one of ours!

**\$70 Member
\$100 Nonmember**

Tennis *FALL 1 ONLY*

\$70 Member \$100 Nonmember

1st-3rd Grade Tennis Day TBD • 5:15-6pm

Learn to play tennis in a structured class of drills and games that are designed to help kids reach full court play. All classes take place on the Warwick Middle School tennis courts behind the rec or in gyms 5&6 if there's bad weather. Please bring your racquet if you own one, if not the LrC will provide one for you.

4th-6th Grade Tennis Day TBD • 6-6:45pm

Games and skill work are used in this course that will have kids loving tennis. All classes take place on the Warwick Middle School tennis courts behind the rec or in gyms 5&6 if there's bad weather. Please bring your racquet if you own one, if not the LrC will provide one for you.

Youth Adaptive Sports *FALL 2 ONLY*

Monday • 4:30-5:15pm

This class is designed for children ages 7-12 with unique needs and diverse abilities. Explore the world of sports and exercise with friends and motivated staff! **\$70 Member \$100 Nonmember**

Youth Pickleball (Ages 7-12) *FALL 2 ONLY*

Thursday • 5:30-6:15pm

Learn to play pickleball in a structured class of drills and games that are designed to help kids reach full court play. Bring your own paddle!

\$70 Member \$100 Nonmember

Youth Volleyball (Ages 8-13)

Tuesday • 5:30-6:15pm

Come out and learn how to play the game with skills and drills. There will be some scrimmage play. **\$70 Member \$100 Nonmember**

Youth Soccer (Ages 7-10)

Wednesday • 6:30-7:15pm

Learn and develop through drills and games the skills needed for soccer. This class will meet inside and outside.

\$70 Member \$100 Nonmember

Youth Dodgeball Night (Ages 8-12)

Friday, November 6 • 6-8pm

LrC staff will split everyone into teams for a fun night of dodgeball. Games will be officiated by LrC staff. **\$10 Member \$15 Nonmember**

Nerf Night (Ages 7-11)

Friday, October 16 • 6-8pm

Join the epic battle of nerf night at the rec. Games will be played in a wide variety of places including the gyms and Fun Zone.

\$10 Member \$15 Nonmember

Fun Zone Wednesday Nights (Ages 5-8)

5:30-7pm

Come out and bounce in our inflatable funzone on Wednesday evenings with friends and energetic staff! Play games while bouncing and having fun.

\$40 Member \$60 Nonmember

Youth Fun Night (Ages 5-12)

Fridays • 5-8pm (9/11, 10/9, 11/13, & 12/11)

Kids have fun on Second Fridays, too! Gym games, sports, swimming, snacks, bounce house, and more.

\$15 Members \$20 Nonmembers

recZone Afterschool

Monday-Friday • 3-8pm

Supervised game and social area for youth - air hockey, pool, cards & games, foosball, and more. **FREE to Members and the cost of a Daily Guest Pass fee to Nonmembers.**

Black Friday Fun Day (Ages 6-12 welcomed!)

Friday, November 27 • 9am-1pm

Send your kids to spend a day at the Rec while you shop or relax at home!

Kids will have the opportunity to spend time in FunZone, the gym, recZone, and the pool. Lunch & a snack will be provided.

Member \$30/child Nonmember \$45/child





Ages 6-8 & 9-12

9am-12pm

Member \$20 Nonmember \$25

Sports of All Sorts CampTuesday, November 24

Fun and Games Camp.....Wednesday, November 25

Basketball Camp.....Monday, December 28

Lego CampMonday, December 28

Soccer Camp.....Tuesday, December 29

Art CampTuesday, December 29

Field Hockey CampWednesday, December 30

Floor Hockey Camp.....Wednesday, December 30

Bluey Adventure CampWednesday, December 30

Flag Football Camp.....Thursday, December 31

FunZone &
Winter Games CampThursday, December 31

Winter Fun & Games CampFriday, January 1

Princess CampFriday, January 1

PRESCHOOL PROGRAMS

Fall Session 1: August 31-October 25

Member Reg. August 10/Nonmember August 17

Fall 2: October 26-December 20

Member Reg. October 5/Nonmember October 12

\$60 Member \$90 Nonmember

Parent/Tot Tumbling (Ages 18 months-3yrs old)

Tues • 9:30-10am or Wed • 5:00-5:30pm

Caregivers and Tots have fun together learning forward rolls, balancing, and playing games.

Parent/Tot Sports of All Sorts (Ages 18 months-3yrs old)

Mondays • 9:30-10am

This program allows children aged 18 months - 3 years to experience a variety of sports throughout this program with a helping hand from mom or dad!

Tiny Tumblers (Ages 3-5)

Tuesday • 5-5:30pm

This fun and energetic class will teach the basic fundamentals of tumbling. Students from 3-5 will work on forward/backward rolls, hand stands and modified cartwheels as well as coordination and movement.

HALF PINT SPORTS – Kid Sized Fun!

Kids ages 3-6 can start fundamentals for these sports early and learn in a fun environment!

Half-Pints Basketball

Ages 3-4 Monday • 5-5:30pm

Ages 5-6 Monday • 5:30-6:15pm

Half-Pints Sports

Ages 3-4 Tuesday • 5-5:30pm

Ages 5-6 Tuesday • 5:30pm-6:15pm

Half-Pints Soccer

Ages 3-4 Wednesday • 5-5:30pm

Ages 5-6 Wednesday • 5:30-6:15pm

Half-Pints T-Ball

Ages 3-4 Thursday • 5-5:30pm

Ages 5-6 Thursday • 5:30-6:15pm

Preschool Open Gym (Ages 1-6)

Fridays • 10:30am-12pm (9/11, 9/25, 10/9, 10/23, 11/13, 11/27, 12/11)

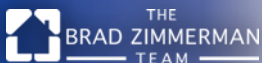
Move and play with friends in a kid-friendly zone. Children must have an adult present.

FREE to Members & Nonmembers \$10 per child \$18 per Family



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Nikki Horkala, Ivy Livingston-Ramirez,
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SPECIALTY PROGRAMS

Adaptive Fit & Fun

Thursday • 5:30-6:30pm

Join friends to explore fitness fun designed with special needs in mind! Instructed by retired certified Special Ed teacher Sandy Morris. Targeted to persons 16+ or older desiring a special needs environment.

\$70 Member \$100 Nonmember

ADULT SPORTS & LEAGUES

Women's Winter Volleyball League

Tuesday • 6:30-9:30pm (Mid Nov. - Early Feb.)

Women's Power and General volleyball divisions. League will be 10 matches plus playoffs. Registration deadline Nov. 3. Limit of 12 teams. Contact Ron at 626-5096 ext 229 for more information.

\$325 team, \$15 Ref Fee



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AQUATIC SWIM LESSONS for Kids



PARENT & CHILD 6 MONTHS-2 YEARS

FALL 1	\$75 Member \$100 NonMember	MONDAY 9-9:30AM or 5:15-5:45PM
FALL 2	\$88 Member \$118 NonMember	SATURDAY 8:30-9AM

PRESCHOOL 3-5 YEARS

FALL 1 \$85 Member \$120 NonMember	FALL 2 \$93 Member \$134 NonMember
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STARFISH (LEVEL 1)

MONDAY 9:35-10:05AM 5:50-6:20 PM	TUESDAY 9-9:30 AM 6:45-7:15 PM	WEDNESDAY 6:45-7:15 PM	THURSDAY 10:45-11:15 AM 5-5:30 PM	FRIDAY 9-9:30 AM	SATURDAY 9:05-9:35 AM
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GUPPY (LEVEL 2)

MONDAY 10:10-10:40 AM 6:25-6:55 PM	TUESDAY 9:35-10:05 AM 6:10-6:40 PM	WEDNESDAY 6:10-6:40 PM	THURSDAY 10:10-10:40 AM 5:35-6:05 PM	FRIDAY 9:35-10:05 AM	SATURDAY 9:40-10:10 AM
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PENGUIN (LEVEL 3)

MONDAY 10:45-11:15 AM 7-7:30 PM	TUESDAY 10:10-10:40 AM 5:35-6:05 PM	WEDNESDAY 5:35-6:05 PM	THURSDAY 9:35-10:05 AM 6:10-6:40 PM	FRIDAY 10:10-10:40 AM	SATURDAY 10:15-10:45 AM
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SEA SQUIRT (LEVEL 4)

TUESDAY 10:45-11:15 AM 5-5:30 PM	WEDNESDAY 5-5:30 PM	THURSDAY 9-9:30 AM 6:45-7:15 PM	FRIDAY 10:45-11:15 AM	SATURDAY 10:50-11:20 AM
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YOUTH 6-12 YEARS

JELLYFISH (LEVEL 1)

MONDAY 4:30-5:10 PM	WEDNESDAY 6-6:40 PM	THURSDAY 6:45-7:25 PM	SATURDAY 8:30-9:10 AM
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FALL 1

\$85 Member
\$120 NonMember

FALL 2

\$93 Member
\$134 NonMember

SEAHORSE (LEVEL 2)

MONDAY 5:15-5:55 PM	TUESDAY 4:30-5:10 PM
WEDNESDAY 5:15-5:55 PM	THURSDAY 6-6:40 PM
SATURDAY 9:15-9:55 AM	

OTTER (LEVEL 3)

MONDAY 6-6:40 PM	TUESDAY 5:15-5:55 PM
WEDNESDAY 4:30-5:10 PM	THURSDAY 5:15-5:55 PM
SATURDAY 10-10:45 AM	

SEAL (LEVEL 4)

MONDAY 6:45-7:25 PM	TUESDAY 6-6:40 PM
THURSDAY 4:30-5:10 PM	SATURDAY 10:50-11:30 AM

DOLPHIN (LEVEL 5)

TUESDAY 6:45-7:25 PM
SATURDAY 11:35AM-12:15PM



IMPORTANT ANNOUNCEMENT: Splash Pool Closure

Please be advised that the Splash Pool will be temporarily closed for maintenance from September 7 to September 11.

We appreciate your understanding and patience as we work to ensure the facility remains safe and enjoyable for everyone. This will shorten Fall 1 sessions. Thank you for your cooperation!



INDOOR POOL CLASSES & SCHEDULES

Free Swimming & Aquatic Fitness For Members

Aquatics Director: HeatherFittery@lititzrec.com 717-626-5096 ext. 227

Aquatic Fitness Classes offer Members of all ages and abilities a lower-impact, resistance exercise option. Classes are offered year-round in our two indoor pools at the Lititz recCenter - a deep lap pool or our shallower zero-entry Splash Pool.

AQUATIC FITNESS CLASSES

Deeper Power
Smoother Moves
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Aqua Stride HIIT
Aqua Yoga
Aqua Barre
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Senior Water
Exercise

Scan here
for class
descriptions
& schedules



Private Swim Lessons for all ages & swim levels.

Available for one swimmer or up to 3 in a group with a 30-minute session. Lessons offer creative & focused instruction along with flexible scheduling. Choose a time that works best for your busy schedule.

30 min session – One Swimmer: member \$30 nonmember \$55

30 min session – Group up to 3 swimmers: member \$50 nonmember \$70

Aquatics

Member Reg. Aug. 10 Nonmember Reg. Aug. 17

6 weeks due to Splash Pool Closure for Maintenance Sept 7 - 11

FALL 1 Members \$75 Nonmembers \$100

Member Reg. Oct. 6 Nonmember Reg. Oct. 12

8 weeks FALL 2 Members \$88 Nonmembers \$118

PARTNERSHIP PROGRAM

Our community partnership program reaches approximately 200 residents each year. Speak to our team and see if you qualify for assistance that may help your child with swimming lesson registrations! Call us at: 717-626-5096

AMERICAN RED CROSS CLASSES

CPR/AED/First Aid for PRO

8:30am-3:00pm

\$95 member \$130 nonmember

CPR/AED/Review with First Aid for PRO

8:30am-1pm

\$70 member \$100 nonmember

Lifeguard Certification *includes FA/CPR

Pre-test Sat. 11/7 • 2:30pm-5pm

Saturday 11/14 & 21 • 2:30pm-7pm

Sundays 11/15 & 22 • 8:30am-6pm

\$275 member \$325 nonmember

Lifeguard Re-Certification

Sunday, 9/27/26 & 12/6/2026

8:30am-3pm

\$130 member \$190 nonmember

American Red Cross Babysitting Class

9/12, 10/3, 11/25

Any student 11 years or older

9am-3pm

\$100 members \$130 nonmember



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recROC Holiday Hours

Labor Day	7am-noon
Thanksgiving Day	Closed
Christmas Eve	8am-noon
Christmas Day	Closed
New Year's Eve	5am-6pm
New Year's Day (1/1/27)	Closed

PERFORMANCE & PERSONAL TRAINING

360 Training (Ages 10+)

This program focuses on all 360 degrees of fitness. Training programs along with nutritional guidance that are focused on getting athletes to perform at their absolute best and reach new personal goals. Results are found here with Sports Performance Trainer Matt Orta! Train one on one or with a group of up to three.

60 min 360 Group Training: \$70 member \$99 nonmember
*Discounts on 5 or 10 sessions packages.



Team Training Also Available!

Personal Training

Individualized and small group customized training with our certified staff in fitness or bouldering instruction. Single sessions and training packages are available, by appt. MattOrta@lititzrec.com, 717.626.5096, ext 801.

ROCFit HIIT (Ages 14+)

Mon/Wed/Fri 5:30-6:30am OR 8-9am

This class is designed to use both body weight and various strength components to push you past your limits and improve your overall fitness level. Increase your performance strength and watch your body recover faster.
\$76/mo member \$120/mo nonmember

BOULDERING PROGRAMS

Shoe and chalk rentals available, or bring your own!

Monthly programs run the first 4 dates

Bouldering (Ages 14-Adult)

Basics - Wed • 6:30-7:30pm

Intermediate - Tues • 6:15-7:15pm

Bouldering fundamental skills, problem solving, and confidence building for pursuit of a rising sport! Train with friendly & experienced instructors.

Monthly: \$43 per month member

\$70 per month nonmember Drop In \$20 if available

Bouldering Personal Training (All Ages)

Customized one-hour session to get comfortable with foundations in bouldering, add bouldering elements to work-outs, or move beyond obstacles.

Available by appt.

YOUTH PROGRAMS

Ninja Kids! (Ages 6-13)

Every Mon & Thurs 6-7pm and each

Saturday 11am-noon

Kids test out ninja skills on our obstacle course. Learning to safely maneuver through obstacles and have fun bringing out their inner-Ninja. Relay races for challenge, focus, and testing new skills.

Pay as you go fee per class:

\$15 member \$21 nonmember

Scramblers (Ages 6-13)

Tues & Wed • 5:30-6:15pm

Bouldering begins here! Kids learn safe climbing skills and understanding of techniques, routes, and more.

\$43/mo member \$70/mo nonmember

Drop-in available

★ SAVE THE DATE ★

BOULDER BASH 2026

Saturday, September 12th

Ages 7 & up

We had an amazing event in 2025! Thank you to everyone who competed or supported your favorite climber. Boulder Bash 2026 will be held Saturday, September 12th.

Be sure to register early to save and be guaranteed an official comp shirt in your size!

Getting Started at recROC

New members get a one-on-one or family orientation with optional assessments:

- FREE Bouldering Assessment: 30 min with a Bouldering Trainer.
- FREE Goals Assessment: 30 Minute Fitness and Goal Assessment with a Certified Personal Trainer.

recROC Membership Specials

Join on these special event dates and Save \$50 off the joiner fee with a new membership.

Boulder Bash - Saturday, September 12th

Pretzel Twist - Saturday, September 19th

November Food Drive: Join between Nov. 1 and 30 with a new one-year membership and save \$50 on the joiner fee when you donate four non-perishable food items to the Warwick Community Chest.

January Big Promo: Jan. 1-31, 2027. Waive the Joiner fee on all new one-year memberships. Save \$100!

Embrace the New You 2027! Year of You!

ROC-OUT at recROC!

Reserve space at recROC for your next group outing or party. Youth ages 8+ and adults of all ages can explore bouldering, fitness challenges, obstacles, and team building challenges.

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