



01.jpg

# Core and More

TUESDAYS ~  
 8:25AM-8:55AM & 4:30PM-5:15PM  
 THURSDAYS ~  
 8:25AM-8:55AM & 4:30PM 5:00PM  
 SATURDAYS ~ 8AM-8:45AM

02.jpg



03.jpg



04.jpg

## Group X Classes

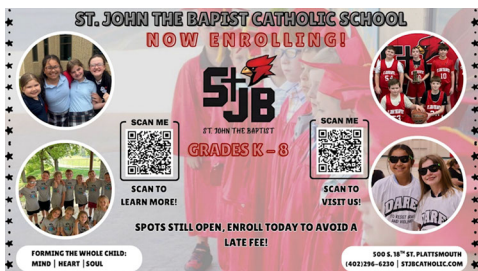
See Front Desk for Details



05.jpg



06.jpg



07.jpg

## eNewsletter



Signup for our eNewsletter at the Front Desk or our website: [www.plattsmouth.org/rec](http://www.plattsmouth.org/rec)

08.jpg



09.jpg



**Shower Shoes**  
 Shower shoes are mandatory.  
 Bring your own or purchase at Member Services.

10.jpg



**REVOLUTION CLASSES**  
 Fri. & Sat. ~9am - 9:55am

11.jpg



**AMANDA L. PALMER, ATTORNEY & MEDIATOR**  
**FLEX YOUR FUTURE**—NO HEAVY LIFTING, NO COURTROOM DRAMA.  
 JUST MEDIATED DIVORCE AND ESTATE PLANNING, HANDLED LIKE ADULTS... NOT BY A JUDGE DECIDING WHO GETS THE BLENDER.  
 (531)-777-3654  
 LOCATED JUST OFF MAIN STREET IN PLATTSMOUTH  
 CALL OR TEXT FOR SCHEDULING

12.jpg



**PLEASE DO NOT SPRAY CONSOLES DIRECTLY**  
 Help us make the equipment last longer.

13.jpg



**RIP**  
 Mon. 10-10:55am  
 Thur. 10:05-11:00am

14.jpg



**Edward Jones** Member SIPC  
**Stocks. Bonds. CDs. IRAs. Mutual funds.**  
**Brad Ksiazek, AAMS™**  
 Financial Advisor  
 2380 West 8th Avenue, Suite 5  
 Plattsmouth, NE 68048  
 402-296-0515  
 MKT-5894N-A > edwardjones.com

15.jpg



**Follow us on facebook:**  
**Plattsmouth Community Center**

16.jpg



402.296.2188 | 619 MAIN ST. | PLATTSMOUTH, NE 68048  
**PLATTSMOUTH DENTAL**  
 ACCEPTING NEW PATIENTS  
**Taking care of all your dental needs including:**  
 • Sedation Dentistry  
 • Implants  
 • Invisalign  
 • Dentures  
 • Sleep Studies & Appliances  
 CHANGING HOW YOU EXPERIENCE DENTISTRY.  
 Dr. Zach Janosek, Dr. James Lindholm, Dr. Alex Mayhew

17.jpg



**Facility Rental**  
 Reservations & information:  
 Call 402-296-5800 Opt. 2  
 or visit the PCC  
 \$500.00 / all day  
 plus \$100.00 refundable cleaning deposit  
 \$75.00/ hour  
 plus \$50.00 refundable cleaning deposit

18.jpg

**Roby Funeral Home**  
 Locally Owned & Operated  
 By the Roby Family  
*Kendall & Molly  
 Keith & Judy  
 Jamie & Anastasia*  
 346 Avenue A  
 Plattsmouth  
 402-296-3123  
 robyfuneralhome.com  
 "Serving Plattsmouth and the Surrounding Communities for over 30 Years"



19.jpg

**Notice faulty equipment?  
 Please let a  
 staff person know.**



[www.plattsmouth.org/rec](http://www.plattsmouth.org/rec)

20.jpg



**Aqua Joints**  
 Tues. & Thurs. ~ 10:15 - 11am



21.jpg

**If you notice one of our monitors not working  
 or would like to see Your AD Here please.**

**Call Us  
 815-872-5040**



22.jpg

**Gentle Yoga**

**Fridays  
 9am-9:55am  
 FREE for Members**




23.jpg

**EVENING HYDRO  
 FITNESS**

**Tuesday 5:30 - 6:15pm  
 Thursdays 5:15 - 6:00pm**

24.jpg




**Gift Cards for  
 the Community Center  
 and/or Twin River Water Park  
 make GREAT gifts!!**

25.jpg



**Please  
 re-rack your weights  
 when finished**



[www.plattsmouth.org/rec](http://www.plattsmouth.org/rec)

26.jpg



**NEBRASKA  
 ARMY  
 NATIONAL  
 GUARD**

**CALL OR STOP BY  
 TODAY**

**(531)-207-3458**  
 12411 S 23rd St,  
 Bellevue, NE

**PART-TIME JOB  
 FULL-TIME BENEFITS**

27.jpg

# SENIOR FLEXIBILITY & STRENGTH

Mon. & Frid.  
8:25-8:55am



28.jpg

## TRX Suspension Training

Wednesdays 10:05am-10:50am

29.jpg

## FREE WiFi

30.jpg

### Youth under 16 need to have an adult 18 or older in the Pool with them.

[www.plattsmouth.org/rec](http://www.plattsmouth.org/rec)

31.jpg

Did you say "ornament"?

- Adorned Wood Felt Ball Ornaments - Thurs, Nov. 6
- NEW! Create 102+ Ornaments - Sat, Nov. 8
- Glitter House Ornaments or Decor - Wed, Dec. 3
- Paper Clay Snowman Ornaments - Sun, Dec. 7

Come see us today at 537 Main St., call 402-437-2700 or visit [southeast.edu/PlattsmouthLC](http://southeast.edu/PlattsmouthLC)

Register today at [southeast.edu/PlattsmouthLC](http://southeast.edu/PlattsmouthLC)

32.jpg

## Intervals

Mondays  
9:00 - 9:50am

33.jpg

### FREE Wallet Lockers

Now available for guests

34.jpg

### Your community provider!

Now accepting new patients

[oneworldmaha.org/appointments](http://oneworldmaha.org/appointments)

OneWorld Plattsmouth Clinic  
122 S 6th St, Plattsmouth, NE 68048

35.jpg

### Please wipe down all equipment after each use

[www.plattsmouth.org/rec](http://www.plattsmouth.org/rec)

36.jpg

**New Member Orientations**  
 The Plattsmouth Community Center offers  
**FREE** New Member Orientations  
 to help you "Get Started" on your  
 journey to a healthier lifestyle.  
*By appointment.*

See Member Services  
 Desk for more info



[www.plattsmouth.org/rec](http://www.plattsmouth.org/rec)

37.jpg

**HYDRO FITNESS CLASSES**

Mon. thru Sat.  
 9:00am -9:45am  
**FREE for Members**



38.jpg

*A Romantic Country*  
**Bella Terre  
 Vineyard &  
 Reception Hall**

•CORPORATE ANNIVERSARY  
 Your GRIEVANCE EVENTS!  
 wedding RECEPTIONS.

Our website link is:  
 Bella Terre Vineyard & Reception Hall  
 (www.bellaterre.com)

23375 Barus Rd., Glenwood, IA 51534 | Call Us: +712-921-0100

39.jpg



40.jpg

**Want to OWN this Ad Space?**

Call Us  
**815-872-5040**



**Together we will grow your business!**

41.jpg