

May 2025

# NEWSLETTER

## Hoxworth Bus this Month

Hoxworth's Mobile Donation Van will be parked outside the Connection this month as they host a **Blood Drive on Thursday, May 15** from **10am - 4pm**.

Appointments can be scheduled at **[hoxworth.org/groups/twintowers](https://hoxworth.org/groups/twintowers)** or by scanning the QR code below.

All donors will receive an FC Cincinnati pullover.

Appointments are preferred, but walk-ins are welcome.



## Swimming Ministry Registration Now

College Hill Presbyterian Church's will once again offer its Swimming Ministry this Summer. Adult classes will be held here at the Connection the weeks of July 7 and July 21.

"The goal of the CHPC Swim Ministry is to equip students for what the American Red Cross describes as 'survival swimming.'"

Discover more about the  
CHPC Swim Ministry at:  
**[www.chpc.org/swim](http://www.chpc.org/swim)**



## Welcome Blair

There is a new face around the Connection!

Blair Hernando joined the team in April as a Wellness Specialist. She is a graduate of Northern Kentucky University with a background in rehab care. She has already begun working with members in the Fitness Room and teaching our Chair Fit classes.

Stop by to meet our newest associate!





## NEW CLASSES

### AQUA MOVEMENT BEGINS

Enjoy this instructor-led, deep water, low impact exercise class, aimed to tone muscle and establish range of motion, and harmonize the mind and body to create peaceful power. **Wednesdays 9am, Connection.**

### CHAIR PILATES ON MAY 28

Chair Pilates is a gentle, seated workout that builds strength, flexibility, and balance—perfect for all mobility levels. **Wednesday May 28 10am, Connection**

member

*spotlight*

## HOLLY PRICE

Holly Price has been exploring how the body can move in healthy and vibrant ways for over 30 years, including aerial acrobatics and modern dance. She has been teaching individual and group Pilates fitness for over 23 years. Holly strives to teach people how to move from the core, to create fluid movement all while protecting the spine and joints. How to harmonize the mind and body to create, what she calls, peaceful power.

A community member of the Connection, we are excited to announce that Holly will be teaching **Aqua Movement** on Wednesdays and a special **Chair Pilates** class on May 28.



Our first Zumba in the Park took place last month. As more nice weather comes our way, this could become a regular occurrence.

**SAVE THE DATE**

**OUR ANNUAL SHUTDOWN  
FOR THE CONNECTION  
WILL TAKE PLACE FROM**

**JUNE 16 – JUNE 28**

**WE WILL BE OPEN  
8AM – NOON ON  
MEMORIAL DAY  
MAY 26**

