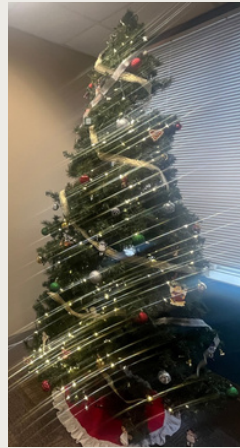




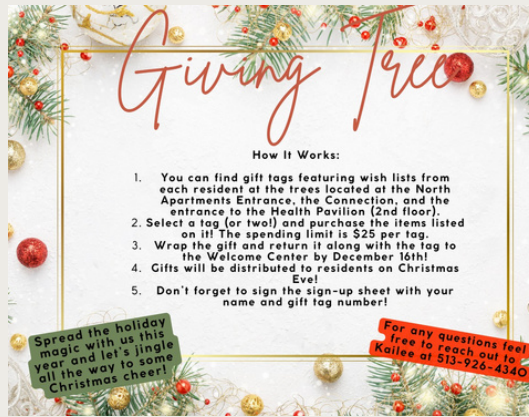
GIVING TREE

WHAT IS IT, AND HOW TO GET INVOLVED

The Christmas decorations are up at the Connection! Garland wraps the Connection desk, wreaths greet members on the locker room doors, and our Christmas tree sits by the interior entrance across from the Fitness Room. In addition to the lights and ornaments, throughout December you will find gift tags on our tree. The gifts listed on each tag correlate to residents in the Health Pavilion.



To participate, grab a tag of the tree (or others around campus), and purchase the items. Return the wrapped gift (along with the tag) to the Welcome Desk prior to December 16. All gifts will be distributed to the residents on Christmas Eve. Be a blessing to the residents this Christmas season!



THE DECEMBER CLASS SCHEDULE IS OUT NOW

Includes additional workouts and returning classes

Holiday Hours listed for days around Christmas and New Year's
Aqua Ease Arthritis now Every Monday at 10am in the Pool



DECEMBER 2024 **WHITE - AQUATIC** **GOLD - LAND**

LAND & WATER SCHEDULE

Day	Class	Time
MONDAY	LIQUID ESSENCE (PEER-LED)	9 - 9:45AM
	AQUA EASE ARTHRITIS	10 - 10:30AM
	AQUA FIT	11 - 11:45AM
TUESDAY	AQUA PILATES	9:30 - 10:15AM
	ZUMBA GOLD	11 - 11:45AM
	CHAIR FIT	2:30 - 3PM
WEDNESDAY	LIQUID ESSENCE (INSTRUCTOR LED)	9 - 9:45AM
	AQUA FIT	11 - 11:45AM
	CHAIR FIT	2:30 - 3PM
FRIDAY	LIQUID ESSENCE (PEER - LED)	9 - 9:45AM
	TRANQUIL MOTION (TAI CHI)	10:30 - 11:30AM
	AQUA FIT	11 - 11:45AM

LAP & OPEN SWIM HOURS

Day	Time
MONDAY	7 - 8:45AM 12:15 - 4:45PM
TUESDAY	7 - 9:15AM 10:30AM - 4:45PM
WEDNESDAY	7 - 8:45AM 12:15 - 4:45PM
THURSDAY	7AM - 4:45PM
FRIDAY	7 - 8:45AM 12:15 - 4:45PM
SATURDAY	8 - 11:45AM

HOLIDAY HOURS - NO INDIVIDUAL OR GROUP FITNESS INSTRUCTION ON THESE DAYS
 CHRISTMAS EVE, DEC 24 - 7AM - 3PM CHRISTMAS, DEC 25 - CLOSED DEC 26 - 8AM - 4PM
 NEW YEAR'S EVE, DEC 31 - 7AM - 3PM NEW YEAR'S DAY, DEC 31 - CLOSED

HOLIDAY HOURS

Christmas Eve, December 24 7am - 3pm

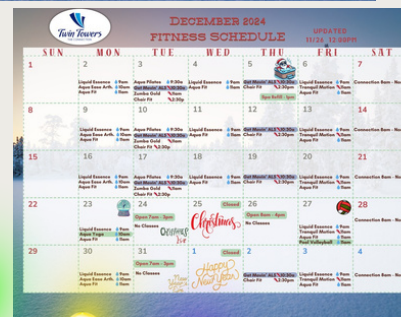
New Year's Eve, December 31 7am - 3pm

Christmas Day, December 25 **CLOSED**

New Year's Day, January 1 **CLOSED**

Day After Christmas, Dec. 26 8am - 4pm

January 2 Regular Hours



DECEMBER 2024 FITNESS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

CHRISTMAS (Dec 25) and **NEW YEAR'S DAY** (Dec 31) are marked as closed days.

NEW AND RETURNING

EXPERIENCE REBUILD, AQUA EASE, AND ZUMBA THIS MONTH

When last month's newsletter went to print, the plan was for Zumba to end November 5. Shortly after, Jazmine met the class and began teaching the next week. If you haven't been to **Zumba Gold**, or haven't been recently, join in on **Tuesdays at 11am** for this Latin dance aerobics that is some of the most fun on campus.

Drew's new **Aqua Ease Arthritis** class in the pool was received well with many asking for it to continue. This class will now take place weekly on **Mondays at 10am**.

Lastly, we will be adding **Chair Fit** back in on **Tuesdays at 2:30pm**. Tim's DDP Yoga style will predominantly be in use for the Tuesday class.



GOOD VIBRATIONS: LYDIA ELLIS

Lydia Ellis has led the drumming program at The Connection, and throughout Twin Towers, for years teaching through different styles, themes, and holidays. Utilizing buckets & exercise balls, paired with bongos and other traditional hand drums, you'll drum along to some of your favorite songs and maybe even something new!. Discover more about this exciting program that takes place on **Mondays & Thursdays at 10:30am** in the Hader Room. Read what Lydia has to say about drumming in the box to the right.



EVERYTHING IS VIBRATION! Vibrations are set by certain frequencies, and literally Everything resonates at a particular frequency that results in a pitch, or sound. For example, the Earth's natural frequency is called the Schumann Resonance, which pulsates at a rate of 7.83 hertz. It surrounds and protects all living things on the planet.

The Schumann Resonance plays a role in scientific monitoring of the Earth's electromagnetic environment and has been a subject of interest in understanding potential connections to biological rhythms and health for many decades. Come and explore how different frequencies affect us. Come for the Sound; stick around for the drums. Or just come to one! Everyone is Welcome!