



FEBRUARY 2025 CONNECTION NEWSLETTER

TOP NEWS

The Welcome Center has joined us in the Connection. They will be stationed here for the coming weeks.

New Water Heaters have been installed which will allow for warmer showers

Check out the Fitness Schedule and Calendar for an array of Events and Classes in February



Bring a Friend for Valentine's Zumba and Partner Exercise

Valentine's Day is coming up! If you have been looking for a chance to bring your spouse, friend, resident, or any other guest, now is the time! Guest fees will be waived for these two special classes.

By popular demand, Jazmine will be holding two **Zumba Gold** classes the week of Valentine's Day. Join us for the regular **Tuesday 11am class** and **Thursday, February 13, 1pm** for our special **Valentine's Zumba**.

We'll be heart-healthy on Valentine's Day with our **Partner Exercise** on **Friday, February 14, 2025 in the Hader Room at 1pm**. Guests will be free for the class, so invite a friend to join you for this strength, cardio, and balance class as the Connection staff show exercises that bring people together!

Join Us on February 13, 1pm for Valentine Zumba and February 14, 1pm for Partner Exercise in the Hader Room

FEBRUARY FITNESS

Valentine's Zumba on Thursday, February 13 at 1pm in the Hader Room

Valentine Partner Exercise on Friday, February 14 at 2:30pm in the Hader Room

Aqua Ease Arthritis will be switching to monthly, taking place on **Monday, February 17 at 10am in the Pool**




WHITE - AQUATIC GOLD - LAND

DAY	CLASS	TIME
MONDAY	LIQUID ESSENCE (PEER-LED)	9 - 9:45AM
	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
THURSDAY	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
	CHAIR VOLLEYBALL (BEGINNING 2/14)	2 - 3PM

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

NOTES:
 THU, FEB. 6 - SPA CLOSED FOR MAINTENANCE AND REFILL - 1PM
 THU, FEB. 13 - VALENTINE'S ZUMBA - 1PM
 FRI, FEB. 14 - VALENTINE PARTNER EXERCISE - 1PM
 MON, FEB. 17 - AQUA EASE ARTHRITIS - 10AM
 FRI, FEB. 28 - POOL VOLLEYBALL AT 12PM



INCREASED MOBILITY, BALANCE, AND ENJOYMENT OF EXERCISE

RUTH BECKER

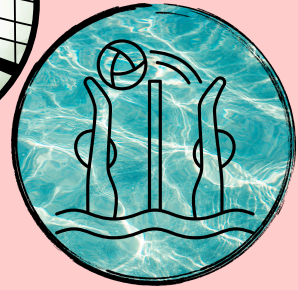
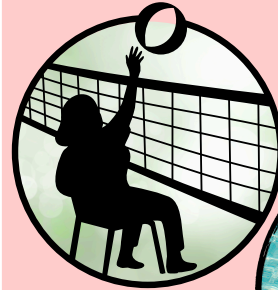
Ruth Becker joined the Connection in November 2023, encouraged by her sisters Marita and Julie. She started with Aqua Fit classes and, three months ago, added the workout room to her routine and now Aqua Arthritis classes. Now, she's at the Connection five days a week, balancing time between the pool and gym.

In just three months of working with Drew in the workout room, Ruth has seen amazing improvements in her mobility and balance. Seated exercises have helped her navigate stairs more easily, walk longer distances, and alleviate pain. She loves how exercise has transformed her daily life and misses it when she can't be there.

A passionate traveler, Ruth is thrilled that her improved mobility is making it easier to explore new places. Her commitment and progress are an inspiration to everyone at the Connection.

Keep it up, Ruth—we're so proud of you!

FEBRUARY 2024



TWO WAYS TO PLAY

With the Gulden Center being remodeled, **Chair Volleyball** found its way to the **Hader Room**. This will be **every Friday beginning 2/14**.

Our next **Pool Volleyball** is set for **Friday, February 28 at noon** following Aqua Fit.

Whether in the Hader Room or the Pool, join us for great exercise and fun.

Want to receive this monthly newsletter, our fitness schedule, and updates through email?

Stop by the Connection desk or email tim.lutz@lec.org to ensure that we have your correct email address on file.

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