

NEWSLETTER

March 2025 Edition - Vocational Wellness Month

March Madness Shootout Starting March 17

Our quarterly challenge is coming up this month. From **March 17-28**, you have your shot at the trophy. The basketball hoops will be set up throughout March Madness and members can earn chances to shoot a basket each time they exercise.



- Scheduled Individual Instruction** earns 1 shot
- Land or Aqua Fitness Class** earns 3 shots
- Balance Assessment** earns 5 shots

Try your luck with a 1-point free throw or a 3-pointer to climb the leaderboard. Shoutouts and challenges will be offered throughout the month!

March Schedule & Calendar

The March schedule and calendar is now available! The **March Madness Shootout** will take place the last two weeks of the month. We will have **Aqua Fit Arthritis on 3/10**. There will be **no Zumba on 3/11** and **no Chair Fit or Get Movin' on 3/27**.



MARCH 2025 **WHITE AQUATIC GOLD LAND**

LAND & WATER SCHEDULE

MONDAY
LIQUID ESSENCE (PEER-LED) 9 - 9:45AM
AQUA FIT 11 - 11:45AM

TUESDAY
AQUA PILATES 9:30 - 10:15AM
ZUMBA GOLD (NO CLASS 3/1) 11 - 11:45AM
CHAIR FIT 2:30 - 3PM


WEDNESDAY
LIQUID ESSENCE (INSTRUCTOR LED) 9 - 9:45AM
AQUA FIT 11 - 11:45AM

THURSDAY
CHAIR FIT (NO CLASS 3/27) 2:30 - 3PM

FRIDAY
LIQUID ESSENCE (PEER-LED) 9 - 9:45AM
TRIANGLE MOTION (TAI CHI) 10:30 - 11:30AM
AQUA FIT 11 - 11:45AM
CHAIR VOLLEYBALL 2 - 3PM

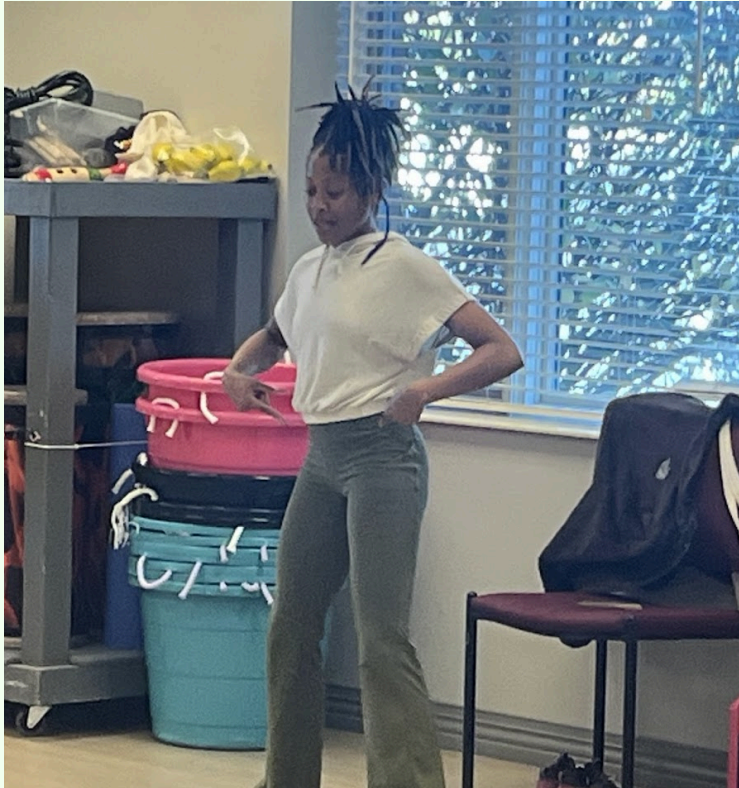
LAP & OPEN SWIM HOURS

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



MARCH 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|
| 01 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 02 Aqua Pilates 9:30-10:15am Zumba Gold 11-11:45am Chair Fit 2:30-3pm | 03 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 04 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 05 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 06 Liquid Essence 9-9:45am Aqua Fit 11-11:45am |
| 07 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 08 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 09 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 10 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 11 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 12 Liquid Essence 9-9:45am Aqua Fit 11-11:45am |
| 13 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 14 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 15 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 16 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 17 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 18 Liquid Essence 9-9:45am Aqua Fit 11-11:45am |
| 19 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 20 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 21 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 22 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 23 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 24 Liquid Essence 9-9:45am Aqua Fit 11-11:45am |
| 25 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 26 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 27 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 28 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 29 Liquid Essence 9-9:45am Aqua Fit 11-11:45am | 30 Liquid Essence 9-9:45am Aqua Fit 11-11:45am |



Residents and Members Love Zumba with Jaz!

She brings so much energy!

She makes it easy for anyone to participate!

You should bring her in more often!

She's so positive!

The **Zumba Gold** participants can't say enough good things about Jaz and her **Tuesday 11am** class. Jaz's welcoming personality, modifications for all, and fun atmosphere make this a favorite class. Check it out on Tuesday mornings.

Note: *There will be no Zumba on 3/11*



Jody Dunhoft

We have previously showcased our resident and community members in the newsletter, but now we want to shine a spotlight on one of our associate members. Life Safety Manager Jody has been at the forefront of associate workouts, kicking off her mornings with Donnie in the fitness room every Monday, Wednesday, and Friday. She actively encourages her coworkers to engage with the Connection and prioritize their wellness. Jody says that her physical wellness but also her mental wellbeing has improved. She values the accountability of the members and residents and enjoys training with others starting their day in the Connection.

"My workday goes better when I get my workout in."



Step Challenge

Our next Associate Quarterly Challenge Starts at the end of March into April!