



Twin Towers
THE CONNECTION
NEWSLETTER
NOVEMBER 2024



THE NOVEMBER SCHEDULE AND CALENDAR IS NOW AVAILABLE



NOVEMBER 2024 **Twin Towers** WHITE - AQUATIC GOLD - LANE

LAND & WATER SCHEDULE

MONDAY
LIQUID ESSENCE 9 - 9:45AM
AQUA FIT 11 - 11:45AM

TUESDAY
AQUA PILATES 9:30 - 10:15AM
ZUMBA GOLD (NOVEMBER 5 ONLY) 11 - 11:45AM

WEDNESDAY
LIQUID ESSENCE 9 - 9:45AM
AQUA FIT 11 - 11:45AM

THURSDAY
CHAIR FIT 2:30 - 3PM

FRIDAY
LIQUID ESSENCE 9 - 9:45AM
TRADITIONAL MOTION (TAI CHI) 10:30 - 11:30AM
AQUA FIT 11 - 11:45AM

SPECIAL EVENTS
MON, NOV 18 - 8:30AM POOL
WALK & BAKE PARTIES
THU, NOV 7 - SPA CLOSED FOR MAINTENANCE AND REPAIR
FRI, NOV 22 - BOUL VOLLEYBALL AT 5PM
THIS NOV 28 - CLOSED FRI NOV 29 - OPEN 8AM - 3PM

LAP & OPEN SWIM HOURS

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



NOVEMBER 2024 FITNESS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
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

IT'S THE HOLIDAY SEASON AT THE CONNECTION

Happy November from all of us at The Connection! There are some changes with the **November Fitness Schedule** that you will want to make sure that you see. With some staffing changes, **Zumba Gold** and our **Tuesday Chair Fit** will be going on temporary hiatus. **Tuesday, November 5** will be our last Zumba class. We hope to have this back soon. We will be trying a new fitness class on November 18 (read more on the back page)!

Thanksgiving - Thu., November 28 - Connection Closed
Black Friday, November 29 - Open 8am - 3pm (No fitness instruction)

Christmas Eve - Tue., Dec. 24 - Open 7am - 3pm (No fitness instruction)
Christmas Day - Wed., Dec. 25 - Connection Closed
Day after Christmas - Thu. Dec. 26 - Open 8am - 3pm (No fitness instruction)

New Year's Eve - Tue., Dec. 31 - Open 7am - 3pm (No fitness instruction)
New Year's Day - Wed., Jan. 01 - Connection Closed



'TIS THE SEASON... FOR ACHES AND PAINS

AQUA EASE ARTHRITIS WORKOUT CONNECTION POOL

MON. NOV 18 10:15 AM

As the weather starts to get colder, arthritis pain starts to make its presence known. In our 90° pool, Drew will be instructing a fitness workout to help with joint issues and strengthen with a low-impact workout. This **Aqua Ease Arthritis** class, taking place **Monday, November 18 at 10:15am** is a great starting point for water exercise whether you have arthritis issues or not.

Pre-register on Caremerge, or join us on the day of for this new class.

This will be the first of our **Special Offering** Workouts, as we try out new classes that may find their way onto future schedules.

If you would like to request a class, or if you love one of our special classes and want to see it become a regular offering, please let us know!



VIRTUSENSE

If you haven't had a **Virtusense Balance Assessment** at the Connection recently, now is a great time to get one scheduled. In less than 15 minutes, we can help you find out balance or walking issues that could potentially lead to a fall. Plus, we'll teach you exercises that can help you correct any balance issues before they become bigger problems. Call us at 513-853-4100 to schedule your **Balance & Gait Assessment** today!



BARBARA GOMES & RON HOFFMAN: BEING ACTIVE, HEALTHY, AND HAPPY



We have been together for over thirty years, and even before we met, we were separately involved in healthy physical activities. Barbara was a devoted dancer in many areas of dance: Scottish Country, Contra Dance, Swing and Vintage Ballroom, English Country, and Ron was a dedicated runner, starting around the early 1980s. After becoming a couple in the early 1990s, Barbara introduced Ron to most of the dance activities noted above (except Scottish Country), as well as enticing him to join her in learning how to whitewater canoe. They also enjoy traveling together, which has often involved city walking and hiking on trails in national parks.

Today, Ron no longer runs because he finally had a knee blow-out in his 70s, and both of them have had to, at least temporarily, let up on the dancing. However, thanks to The Connection we continue to enjoy exercising together with Water Aerobics and Zumba Gold, while we sometimes go our separate ways, Barbara with Chair Fit and Ron with walking around Twin Towers.

We both believe that staying active is not only a key to living a long and healthy life but is also a form of spirituality that enriches our lives both as individuals and as partners.