

# Wellness Newsletter



May 2025

## Hello Wellness Friends,

Spring has officially sprung, and we are thrilled to welcome May with renewed energy, fresh programming, and a big “Thank you” for your continued support and participation!

## Spring into Fitness – May Wellness Challenge

We’re excited to officially launch our **Spring into Fitness** challenge in May! This month-long event is all about getting you moving in fun and meaningful ways to build strength, endurance, and confidence.

**How to Participate:** See a Wellness team member before May to receive a punch card. Attend any wellness activity or complete a workout in the gym Monday through Friday, and get a hole punched on your card for each visit.

**Track Your Progress:** After each workout or class, check in with a Wellness team member to get your card hole punched. It’s your responsibility to bring your card to us for a punch. If no team member is available immediately after your activity, you can email or call us to document your activity, and we can punch your card later.

**The Prize:** Complete your punch card by the end of May to be entered into a raffle to win:

- A **free one-month Robust Training Membership**, which includes two additional weekly group training classes at no cost.
- A **one-month accountability coaching program**, where you’ll meet with Anna to

discuss your progress, set goals, and stay motivated.

Pick up your punch card before May and get ready to move!

## Rhythm on Replay

We’ve had a great start to our Rhythm on Replay dance class! May will feature Salsa and Latin dance styles, and in June, we’ll transition to chair dancing—a seated, low-impact option that still gets you moving to the music. Come join us!

## Pool Renovations Complete

We are happy to share that our pool renovations were finished on April 14! Thank you to everyone for your patience and understanding as we worked to improve safety, comfort, and accessibility. We’re excited to welcome you back into the water.

If you’re a community member who placed your membership on hold during the renovations, please note you will not receive a bill or experience an EFT withdrawal for the month of April. Regular billing will resume in May.

## Looking to boost your hand and forearm strength?

We now have hand grip strengtheners available at the lifeguard stand on the pool deck. Feel free to use them, just be sure to return it when you’re done!

## Personal Training & Swim Lessons: Open for New Clients

Our personal training services are open for new clients — both in the gym and the pool! One-on-one training helps you safely build strength, improve balance, and stay motivated. Looking to build

confidence in the water? Swim lessons are also available for all experience levels.

### Spring Seminar Series

We're wrapping up the series with the following seminars:

**"Meals that Nourish"** - May 23 at 3:00 pm

**"Benefits of Martial Arts Training After 50"** - June 20 at 3:00 pm

All are welcome—bring a friend and join us in the Hostetter Enrichment Center!

### Celebrating Older Americans Month

May is **Older Americans Month**, a time dedicated to honoring the invaluable contributions and achievements of older adults in our community. The 2025 theme, **"Flip the Script on Aging,"** encourages us to challenge outdated stereotypes and embrace a fresh perspective on aging—one that recognizes the diverse experiences and opportunities that come with growing older.

Throughout the month, we invite you to join us in activities and discussions that highlight the strengths and resilience of older adults. Let's come together to celebrate the wisdom, vitality, and continued growth that define our community!

### Spring Snack Picks!

This spring, we're sharing a little bit about ourselves—with snacks! Each Wellness team member picked a favorite go-to nutritious snack. We hope you enjoy them as much as we do!

**Matt:** Chobani yogurt with pomegranate and just a touch of honey—it's already sweet, so a little honey goes a long way!

**Anna:** Tzatziki dip with pita—a refreshing Greek dish made with yogurt, cucumber, garlic, dill, olive oil, and vinegar. It's light, flavorful, and pairs with just about anything.

**Richie:** Peanut butter and jelly on whole grain, whole wheat bread with sugar-free jelly—a quick

and easy way to get your carbs, protein, and healthy fats all in one bite.

**Mattie:** Rice cake pizzas! Top a rice cake with peanut butter, add a sliced banana, and finish it off with a light drizzle of honey.

**Shelly:** Fruit kabobs—a colorful mix of seasonal fruits like grapes, watermelon, strawberries, and cantaloupe. Bonus tip: use half a watermelon rind to display them for a fun and festive touch!

**Johanna:** Apples with peanut butter! A classic combo that satisfies sweet cravings while still being a healthy, balanced snack.

### Wellness Rates Update

As part of our organization-wide annual budget, there will be a small increase in Wellness rates for personal training and fee-for-service offerings.

Please note that membership rates, enrollment fees, and maintenance fees will remain the same.

Additionally, beginning May 1, we will no longer issue FOB refunds for canceled memberships. This update applies to all members who joined prior to January 1, 2025. Members who joined on or after January 1 now pay an enrollment fee, which covers the cost of the FOB as well as administrative setup.

We appreciate your understanding and continued support as we strive to keep our services accessible, sustainable, and of the highest quality.

**—Richie Gary, Wellness Manager**