



Dear Future Resident,

With the start of the New Year, you will notice changes on your Fitness Center Calendar. On Monday's, we welcome the addition of 2 new programs. Every Monday from 2:00pm to 3:00pm there will be a fitness workshop, please see The Highlands Happenings for details regarding the workshop topic and location. Also, on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month from 3:00pm to 4:00pm there will be health talk on either a physical or cognitive component of fitness. Additionally, Fitness Workshops will be added on Wednesdays from 3:00pm to 4:00pm, please see The Highlands Happenings for details regarding the workshop topic. Lastly, Water Walking on Monday's from 2:15pm to 3:00pm will be now using the swim buddy method. I will be no longer supervising this time period. Please follow the swim buddy policy to use the pool during this period.

These additions were added to enhance our afternoon fitness programming. This allows future residents who may have prior commitments in the morning hours to still receive high quality fitness programming in the afternoon.

Should you have any questions or concerns contact the Fitness Center Coordinator, Jared Martz, at 484-628-7705.

Sincerely,

Jared Martz

Fitness Center Coordinator