



DECEMBER 2019

December Special: Refer a friend (and if they buy a membership) you get one month FREE!

DECEMBER CLASSES ARE HERE! JOIN US FOR...

**COUNTDOWN TO FITMAS!**

Stop by Vitality to get registered!

**FEATURED CLASSES:**

- Splish-Splash Cardio Christmas
- Holly Jolly Water & Weights
- Rockin' around the Fitmas Tree
- Holiday Yoga Flow
- Aqua Mama

Give yourself the gift of Fun, Fitness and Feel-Good Vibes this Holiday Season! Let's make this month the best one yet!

Sign up for classes today!

[About Us](#)

[Memberships](#)

[Facility Hours](#)

\*Christmas Eve

STAFFED UNTIL NOON

Christmas Day

NO STAFF

\*New Years Eve

STAFFED UNTIL 5:00 p.m.

\*New Years Day

NO STAFF

[Group Fitness Schedule](#)

[Pool Schedule](#)

\*Please note: On December 8th, 22nd, and 29th, Open Swim will be from 9 a.m.-5 p.m.! Grab your friends and family and join Vitality for Sunday Fundays in the Pool!

Join Us! Classes kick off on Monday, December 2nd!

## Vitality Reflections

by Katie Gruber

*"Just remember, the true spirit of Christmas lies in your heart" The Polar Express*

The magic of December is finally upon us. A season to welcome the Winter Solstice with an open mind and a warm heart. To



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[Directions](#)

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your windows, the feeling of a warm wood-crackling fireplace, and the crunch of snow under your feet as you brave the brisk winter air. A time to rekindle the magic that lies inside our hearts and pause to reflect on the last year of our lives. [Read more](#)



## Meet Our Team

Joe Langer is our spotlight for December! Joe is part of our Weekend Wellness Team here at Vitality. He is always willing to do whatever he can to help coworkers, members, and visitors in whatever they need assistance with. He does this with a smile and a positive attitude that truly makes you feel welcome and supported. Joe is very active and outgoing, so you can usually find him hanging out with friends and family or playing sports in his spare time!

Joe's favorite thing about Vitality Wellness is how easy and accessible it is to the community.

His strongest dimension of wellness is physical and social aspect of wellness. I see so many people come in and work out with friends and family. I truly enjoy interacting with the great people that use this facility.

Joe's favorite way to stay active is to workout here at Vitality Wellness and participate in school sports.

One thing on his bucket list is to go sky diving!

- Dec. 7: [Care Center Bazaar](#)
- Dec. 7: [Meadow Place Open House](#)
- Dec. 16: [MyPlate for My Family](#) 6-7 p.m., Instructor: Elizabeth Quillo
- Dec. 18: Silver Snacks 2:15 p.m., Instructor: Clara Vancura
- Dec. 19: [Good Morning Networking Breakfast](#)
- Dec. 19: Silver Snacks 11:30 a.m., Instructor: Clara Vancura
- Dec. 23: [Blood Drive](#)



'Tis the Season! Shop for a cause! All proceeds from the Gift Gallery support our patients, families and residents.

The Long Prairie Gift Gallery is located at the Medical Campus, just to the left of the front desk. Open Monday-Friday; 8 a.m.–4 p.m. Closed on holidays.

Follow us on [Facebook!](#) [Join our team!](#)

## ATTENTION:

No wet boots or shoes allowed in the Gym or Fitness Studio. Please plan accordingly. Thank you!

## Follow Us On Facebook



[Subscribe](#) to our email list.

# Recipes of the Month

[Pot Roast](#)

[Cinnamon Granola](#)



**OPEN TO ALL.  
No need to be a  
CentraCare patient.**



Vitality Wellness is **creating community well-being and promoting healthy lifestyles**. The goal is to provide programs, services and amenities designed to support well-being through the six dimensions of wellness. Click on the image to learn more.

[Review Us on Google](#)

Your feedback is important to us!

Contact [Misty Lemke](#), Communications & Marketing

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