

## FEBRUARY NEWSLETTER

### Weather Cancellation Hotline - 608.745.5009

The Weather Cancellation Hotline message will be updated if there is a **facility** delay/closure.

Other cancellations:

- Group Fitness class cancellations will be made on a case by case basis. If an instructor cannot safely get to La Vita and a class has to be cancelled, it will be updated on the website and APP.
- Youth Programs (Group Swim Lessons and Speed & Agility) will follow the Portage School District closings. If school is cancelled for that day or evening events are cancelled, then La Vita Youth programs will also be cancelled.

### February Challenge - BEAT THE COLD

Let's burn some calories in the month of February! Choose a level that is challenging for you and get signed up on our La Vita APP to start tracking your calories on February 1.

Level 1: Burn 3,500 Calories

Level 2: Burn 7,000 Calories

Level 3: Burn 10,500 Calories

### NEW! Private Small Group Swim Lessons

Create your own small-group to fit your busy schedule. Adult participants should have similar swimming abilities. Children should be within two years of each other and have similar swimming abilities.

**Min 2 participants -- Max 4 participants in one group**

\$13/person – (1) 30 min session

\$55/person - (5) 30 min sessions

Sign up at Member Services and Miss Adrienne will contact you to schedule your private lessons!



### Lap Pool Workouts

Three lap pool workouts will be posted weekly for both Novice and Intermediate swimmers. Challenge yourself the next time you take a swim and try a workout. See an Aquatics Attendant if you have any questions.

# LA VITA

### Reminders

#### Back by Popular Demand!

We now have more of our women's zip up sweatshirts back in the pro shop. Hurry and pick one up before we are sold out!



#### Carry In Athletic Shoes!

Please carry in your athletic shoes in order to help keep the facility and equipment clean and safe.

#### Locker Keys



Check your pockets and gym bags! We are missing quite a few locker room keys. Please remember that all lockers are **day-use only**.

  
**Divine Savior**  
HEALTHCARE

## FEBRUARY NEWSLETTER



### We had a full house at our **BODYPUMP100** Launch Class!

Thank you to everyone who came to our first official BODYPUMP™ launch class. Every quarter La Vita will have a new BODYPUMP™ launch with new music and choreography. Don't worry if you missed the launch. You can attend any of our BODYPUMP™ classes over the next couple weeks and experience the 100th release. After about three weeks, we will mix the workouts up until we do our next launch class in April. More details for the April launch will be in our March newsletter.

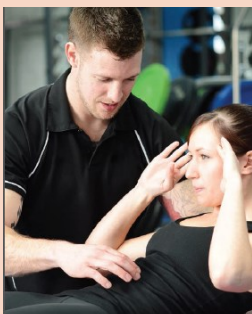


#### Fitness Center Rules Reminder

- Limit talking on your cell phone for emergencies only.
- Do not drop weights as this damages the floors and weights.
- Closed toe shoes are required.
- Refrain from using perfumes/lotions with fragrances as many members are sensitive to fragrances. We have had some feedback about unpleasant odors so remember to not let those sweaty clothes stay in your gym bag over night to wear again and give them a wash first!

## JUMPSTART!

#### New introductory Personal Training package now available!



This \$99 package includes 5 sessions with a Personal Trainer including a Fitness Assessment, Fixed Equipment Orientation, Cable and Free Weight Orientation, Bands and Balls Orientation, and a Customized Personal Training Workout.

Contact the Member Services desk to set up a free Personal Training Consultation to find out more information.

#### Do you have questions? Concerns? Suggestions?

Please contact La Vita Member Services to speak with a team member today!

608-745-3800 • LaVita@dshealthcare.com • DSHLaVita.com