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Dear Members:

After careful consideration we have decided to postpone our return to in-person programming by two weeks. Our new tentative start date is the week of Monday, January 24.

Please note, **masks will be required for everyone in attendance** when we do return to in-person programming.

During these weeks away from in-person programming, we will be offering some virtual programming opportunities for you. These programs are outlined below along with their designated Zoom links. You can attend any of the CORE Fitness and Golf Clinics simply by clicking the link or calling the phone number. To participate in Yoga, please register on Vagaro as usual and you will receive the link from Shellie prior to the yoga class. We will continue to monitor the situation and will keep you posted on the next steps.

Thank you for your cooperation.

Be safe,

The Turn Staff

Zoom Sessions (through Jan. 23rd)

Join us **Monday, Tuesday and Wednesday at 10:00-11:00**
(5:00-6:00 Monday Only) for your weekly Turn Class!

Links will also be emailed out the morning of the class

Yoga will be conducted virtually at the regular scheduled times

Thursdays at 9:00, 10:00 & 11:00

Please sign-up on Vagaro if you would like to join in!

Virtual Session of Engage in Fitness with Lexi will also take place on

Wednesdays from 3:30-4:30

Sign-up in Vagaro to attend!

Valentine's Day Winter Formal

February 11
6:00-10:00

Avon Oaks
Country Club



\$50 per person

RSVP to Shellie by Jan. 24th

Virtual Fitness

Do you have a New Year's resolution? Now that the off-season has arrived in northeast Ohio, it's time to set your Turn goals for the 2022 season. The beginning of the off-season can be a new beginning of wellness, golf and fitness. The Turn continues to expand program offerings including the arts, horticulture, recreation, socials and additional golf and fitness opportunities. The off-season can be the most important time for a golfer. You can begin building or tweaking a golf swing that is most efficient for you. However, the first step is assessing your physical abilities and improving the physical aspects that will make an impact on your swing. Our fitness curriculum is based on the same fundamentals that the pros work on during their off-season. Our pros, Erin and Trevor, can only improve your swing in ways that your body will allow. Jeff, Matt, Lexi, Judith and I are all here to help you reach your 2022 golf fitness goals!

You can learn about all of our program offerings on Shellie's extra-curricular activity calendar, in the newsletter and during program announcements. Don't forget to sign up on Vagaro.

Zoom Fitness - You will need a sturdy firm chair, free weights or exercise bands and water for this week's session. A firm pillow or foam ball will also be used for some leg exercises. If you don't have any of the above, you can still benefit by following the active motions.

Virtual Golf

I'm sure everyone was working hard on their golf swing over the winter break! Because we know that is probably not the case, we will be working on some short game drills to help get you back into the "swing" of things before we go into a full swing.

Things to have during the session:

Putter

Wedge

Soup Cans

Pillow