A Message from Five Points Washington:

Happy New Year! We hope everyone enjoyed the holiday season with their family and friends, we are excited to see what 2025 brings us. Let's commit to a healthy lifestyle and creating a community for well-being in the new year. We look forward to doing our part in helping you achieve that.

GETTING TO

Looking at our Fitness programs, we hope everyone enjoyed our No Gain Campaign and achieved their goals during the holidays of maintaining their weight. We are excited to have another few fitness challenges coming up in the next few months, so keep your eyes out for those.

Our Group Fitness classes are launching new routines and music on January 11! This is a great opportunity to try a new class or see what is new in your favorite classes. Be sure to bring a friend or two with you, this event is free and open to the public.

Also happening on January 11, we will be offering an after-hours event for young girls called Girls with Goals. This first meeting will be focused on teaching young girls, ages 12-18, how to use our weight machines properly. We are doing this after-hours so that our female Personal Trainers can have dedicated time to show these young girls how each piece of our equipment works. Our hope is that they leave feeling comfortable and confident in how to use the weight machines.

Five Points' Health and Nutrition Coach, Kelsea Sollberger, is now accepting one-on-one clients. We are excited to have her share her wealth of knowledge with our members and community. If you are looking to change your habits in 2025, make sure to come and chat with Kelsea.

We are also excited to announce our partnership with True Impact to provide in-house volleyball training and clinics. We just had a great turnout at the last clinic on December 28 and 29. Be on the lookout for upcoming clinics in February.

Adult ballet was a new program introduced in 2024 and we are excited to still have continued interested as we offer another class this January.

We want to thank our members for continuing to support us. We value all our members and their health journey. Exercise is vital in your quest to get, stay and keep a healthy lifestyle. Let's keep that vibrant fitness journey going in 2025!

- Megan West, Fitness Manager

Members of the Month



EMPLOYMENT ANNIVERSARIES			
January	l February		
2 Stephanie Sinn 31 Jennifer Blackorby	2 Kathleen Cummins 27 Tara Tiezzi		
10 Wayne Carey	7 Jackson Williams		
16 Nora Nabhan	8 Robert Spurgeon		
17 Navessa Sando	9 Chelsie Grove		
22 Megan Stevenart	9 Elizabeth Miars		
24 Jon Marshall	10 Ashley Page		
24 Melissa Prather	15 Reese Mahony		
27 Aiden Meuser	20 Terrance Flaherty		
28 Jacob Schenck	23 Jonathan Eisenmann		

FIVE POINTS TEAM CONTACT

GENERAL MANAGER	ASSISTANT GENERAL MANAGER OF BUSINESS
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VIKKIK@FIVEPOINTSWASHINGTON.ORG	LORIP@FIVEPOINTSWASHINGTON.ORG
CUSTOMER SERVICE MANAGER	FUND DEVELOPMENT COORDINATOR
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MARKETING MANAGER CHRISTINE FOEHRKOLB	



FITNESS



On Saturday December 14, we hosted our 3rd annual Dodgeball Tournament benefiting Toys for Tots and District 50 Schools. We had 4 teams come out and play this year! Congratulations to our winning team Aim for the Fat Guv!

FR JOYCE HUGHES February 6 - Feb 27 4-Weeks | Thursdays

3-4PM Beginner Class 4-5PM Intermediate Class

NEW Programs in 2025

We are so excited to introduce Girls with Goals. a community to help impower young girls within Five Points Washington.



2024 CHAMPIONSI

Our first meeting will focus on going over all the weight machines we have to offer. We will also spend time talking about gym etiquette.

Our female personal trainers Ashley, Valarie, Tara, and Megan are excited to help teach young girls how to use the equipment in the gym correctly. We look forward to creating a welcoming, sociable, fun and positive environment for girls. We have lots of exciting ideas for future events, we can't wait to share them with you!



Mondays/Wednesdays/Fridays: 5-7AM, 9-11AM Tuesdays/Thursdays: 5-7AM Saturdays: 9-11AM (availability may change) *Limited availability in afternoons/evening upon request

Contact Caleb at 309-215-7952 to set-up a training session.

GROUP FITNESS

We are excited for 2025 in Group Fitness! Our first Les Mills Launch is January 11...with all new music and moves in all your favorite classes. Launch has shortened classes, so you can do one class or stay the whole morning and do multiple classes. January Launches are always the most fun, so bring a friend and join us! We love helping you reach your fitness goals and January is the perfect time to do that. Plus, watch for another fun team challenge coming soon!



Thanks to these 4 teams, as well as lots of extra spectators, we were able to collect over 60 toys. We also want to thank our sponsors for helping make this event possible: M4 Steel, COPS INC, Schell Mechanical Services and McKesson. This year we had MDT Production's DJ Stretch playing the tunes for us!

We are excited to announce our partnership with True Impact to provide in house volleyball camps, clinics, small groups and one-on-one lessons

True Impact is committed to building not just skilled athletes, but self-assured, emotionally intelligent leaders, ready to face all kinds of challenges both on and off the court.

Coach Katie Baker has over a decade of experience in coaching and a deep commitment to sports psychology. Her mission is to help student athletes understand their unique strengths and grow in ways that extend far beyond the court.

Caleb is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM).

Caleb offers strength & conditioning training for all ages as well as basketball training for ages 10-18. His goal is to help support clients in improving themselves for a healthy and balanced lifestyle. Caleb also wants to challenge clients in achieving goals whether it is rebuilding strength & confidence after an injury, hitting new powerlifting PRs, or improving basketball fundamentals.



We are halfway through our first season of Co-Ed Young Adult Leagues. Starting in January we have Volleyball and then finishing up the leagues is another round of Pickleball in February. These leagues are open to anyone 18+. Our Co-Ed Leagues are a great way to meet new friends and stay active during the winter, we have already seen a number of friendships grow in the first few leagues this year. Young Adult Leagues take place on Friday nights from 5-7PM.



MELT Classes with Joyce Day

We are looking forward to offering a new program here at Five Points using the MELT method. Joyce Day, CPT is an Alignment Coach and Level

3 MELT Method Instructor focused on helping people move easier,

eliminate pain & stiffness, and feel more confident in their bodies. She

has been teaching the MELT Method & other techniques since 2021 in

Join her for a soothing and fun series designed to bring comfort and strength back to your body, from the ground up! In this class, we'll

explore the gentle techniques for your feet, hands, and face that help

ease pain, reduce stiffness and improve circulation. Whether you're

looking to relax, improve mobility, or just enjoy some self-care, this class

is the perfect fit!

the Peoria Area, where she lives with her family.



June 28. 2025



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On behalf of myself and all the instructors here at Five Points thank you for a fun 2024, we love Five Points members receive alla 20% off office visits

Five Points members can purchase the MVP membership at a discount: \$75 per month. With the MVP membership discount you receive: unlimited access to the Recovery Room, one FREE recovery eval, one FREE rehabilitation plan, 10% off on ALL 1-on-1 services, \$10 discount on all massage therapy services.

our members and can't wait to see what this year brings. Here we come 2025!





YOUR HEALTH AND WELLNESS

READY TO TRANSFORM YOUR HEALTH?

Are you looking for personalized guidance on your health and nutrition journey? Starting in 2025, Kelsea will be accepting one-on-one clients. Whether you want to lose weight, gain energy, or simply live a healthier life, Kelsea is here to create customized health and nutrition plans tailored just for you!

ONE-ON-ONE SESSIONS

Our private Health and Nutrition Coaching sessions are designed to do more than just address what's on your plate. We dive deep into the behaviors, habits, and thought patterns that impact your progress—because lasting change happens when you address the whole person.

In your private coaching sessions, you'll assess all areas of your life—nutrition, mindset, daily routines, and personal challenges. Together, with Kelsea, you'll create a sustainable plan that aligns with your lifestyle and dreams. You'll leave each session with clear, actionable steps—1 to 3 focused tasks to move you closer to your goals.

ONE-HOUR SESSIONS • OPEN TO MEMBER AND NON-MEMBERS • IN-PERSON AND DIGITAL OPTIONS AVAILABLE



You'll learn about the three key macronutrients:

- **Proteins:** Essential for building and repairing tissues, and crucial for muscle health.
- Fats: Important for energy, hormone production, and overall cell health
- **Carbohydrates:** The primary energy source for our bodies, fueling everything from daily activities to intense workouts

Save the Date - February 4, 2025

Join us for Macronutrient Mastery, a comprehensive course designed to help you understand the vital role that food plays in our health and well-being. In this class, we'll dive into the science of calories and how they provide energy for our bodies.

RECIPES

WHOLE 30 CHILI



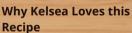
Why Kelsea Loves this Recipe

I love this easy-throw together chili for a busy winter night. This is the perfect dish to prep for Superbowl Parties; to enjoy the festivities without setting back your health & nutrition goals.

LOW SPIKE BROWNIES

▣

FULL RECIPE HERE



Craving a sweet treat without the blood sugar spike? Allulose is a rare, low-calorie sugar found naturally in some fruits, with a similar taste and texture to regular sugar. It has minimal impact on blood sugar and insulin levels, making it suitable for people managing diabetes or reducing sugar intake.



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AQUATICS



Happy New Year from the whole Aquatics team! We are very excited for 2025, and all that Aquatics has to offer! We are launching our new Diving Lessons and our 2025 Lifeguarding course registrations are open! It is never too early to start thinking about getting Certified or Re-Certified, as classes tend to fill up quickly!

POOL HOURS

Mon-Thurs	5:00 AM - 8:00 PM
Friday	5:00 AM - 6:45 PM
Saturday	6:00 AM - 5:30 PM
Sunday	7:00 AM - 5:30 PM

Special Open Swim Hours:

January 1 (New Year's Day)10	AM-1:30PM
January 2	12-8PM
January 3	12-6:45PM
January 20 (MLK Day)	12-8PM
February 17 (Presidents' Day)	12-8PM

OPEN SWIM HOURS

Mon-Thurs	4:00	PM -	8:00 I	РΜ
Friday	4:00	PM -	6:45	ΡM
Saturday and Sunday	12:00	PM -	5:30	ΡM

Please check our aquatics fitness class schedule for a list of classes. The pool is open for therapy use and personal exercise as well.







We offer full Lifeguard Certification courses and Re-Certification courses through the Red Cross. View our 2025 classes online and register by visiting *fivepointswashington.org/lifeguard-classes*.



Swim Team Practices Mon-Fri | 3:30-5:30PM | Lanes 4-8

Diving practice will last until 6PM in the diving well

Swim Lessons (Private and Semi-Private)



We are taking new private lessons! We have a wonderful team of instructors that want to help you, or your kiddos reach swimming goals in a comfortable setting. We offer flexible scheduling that works for everyone! To get signed up visit our Five Points Washington Aquatics page, on our website, and submit an electronic request form. We recommend submitting a request at least 3 weeks before you would like to begin.

For more questions, please contact Aquatics Manager, Brad Weaver: bradw@fivepointswashington.org or (309) 444-8222x48

Group Outings

After Hour Rentals

Package 1: Small Rental

• Up to 100 people

POOL RENTALS

Available during open hours, group outings can be held at the pool or both the pool and the gym. Rates vary depending on group size.

- Girl/Boy Scouts Field Trips
- Summer Camps
 - 1-3 hours, \$300/hourIncludes 3-4 lifeguards
- Package 2: Medium Rental
- 100-150 people
- 1-3 hours, \$350/h
- Includes 5 lifeguards
- Package 3 : Large Rental
- 150-200 people
- 1-3 hours, \$400/hour
- Includes 6 lifeguards



Parties are available on Saturdays & Sundays.

> **60** Minutes Swim Time

60 Minutes Party Time

⁺Parents must be in the water at all times with children 5 and under.

Members: \$260 Non-Members: \$280



Invite a Mermaid to your birthday party! The mermaid will swim with all your participants and there will be an option for photos as well!

Saturdays or Sundays 11:30AM-1:30PM. 60 minutes in the water and 60 minutes in the party room.

*For safety reasons, all children must be 6-years of age or older. They also must be comfortable swimming in both the deep and shallow water to swim with the mermaid.

> Members: \$450 Non-Members: \$470

LEARN TO DIVE

Diving Lessons with Seth Nowak & Sam Showalter

NEW PROGRAM

Beginner springboard diving lessons are meant to teach students the basics and safety of springboard diving. Students do not need previous knowledge of diving or have a gymnastics background. During these hour lessons, our diving instructors will work with participants on panel mats and in water practicing the basic skills needed to use the springboard.

COMING SOON...

Be on the lookout for private lesson sign-ups in February.

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FIVE POINTS KIDS



As we welcome 2025, the Kids Clubhouse is ready to kick off the New Year with exciting activities and fresh fun! January and February will be full of creativity and joy, starting with a special Valentine's Day craft in February—perfect for spreading some love and cheer.

Reflecting on 2024, we are proud of the wonderful year we've had. From holiday crafts to heartfelt community contributions, our kids were busy! They created beautiful cards for local nursing home residents during the holidays and painted ornaments, with all proceeds going back to support the

clubhouse. We also had a surprise visit from the Grinch, who entertained the kids with a festive story. Our Silent Auction, benefiting the clubhouse, was a huge success, and our summer Kids on the Move program was a hit with older kids, ages 6-11.

It's been an incredible year, and we're thrilled to carry that momentum into 2025. Join us for a year full of new adventures, laughter, and learning at the Kids Clubhouse!



FIVE POINTS

ASS SCHEDUL

AQUATIC FUN & FIT JUNIOR

For ages 7+, Thursdays 6-6:30PM

This is a fun aquatic exercise class that incorporates games in the water.

KIDS ON THE MOVE

For ages 7-12, Mondays and Thursdays 5:45-6:45PM This class will focus on coordination, group exercises and other fun fitness activities which will help kids increase speed, flexibility, agility and structure.

BORN TO MOVE (VIRTUAL) For ages 7+, Tuesdays - Thursdays 12:30-1:15PM

This teaches age-appropriate motor skills that improve agility, balance, coordination, endurance, flexibility and speed.

GROWING STRONG

For ages 3-11, Mondays - Fridays 9-11AM

*Children must be potty trained

Allow your child to enjoy supervised activities in the gym! Your child must check into the Kids Clubhouse to participate in the Growing Strong program.

KIDS CLUBHOUSE HOURS

Davtime Hours:

Monday - Saturday	8AM - 12:00PM
Sunday: CLOSED	

INTERESTED IN 2 HOURS OF CHILDCARE?

and can be made by calling 309-444-8222.

For more information on how to add the Kids Clubhouse to your membership, stop by the front desk or visit our membership page on our website.

The Kids Clubhouse offers 2 hours of childcare per day. Kids Clubhouse is for ages 6 weeks to 11-years-old. Reservations are required for children 6 weeks - 12 months

Evening Hours:

Monday	4PM - 8PM
Tuesday & Wednesday	.4:30PM - 8PN

If you have any questions or concerns regarding the Clubhouse or any Five Points Kids programming, please contact Brad Weaver; Aquatics, Program and Clubhouse Manager: bradw@fivepointswashington.org



LIVE @ FIVE POINTS EVENT CENTER & THEATER





November was a quiet month in the theater, with only three events during the month. The first event of the month was a banquet for the United Stroke Alliance organization, which included a presentation and meet & greet with country star Randy Travis and his wife, Mary. It was a super fun night, with an amazing couple, which raised over \$5,000 for stroke awareness. Then, Washington Community High School hosted their annual musical, Beauty and the Beast, on the weekend of November 21-23. The month concluded with Gospelfest Ministries' annual Christmas production on November 30, which nearly sold out!

December was much busier for us, with the Christmas season upon us. Our first weekend had two productions in the Caterpillar Performing Arts Center. First was the Wizards of Winter on December 5. They put on an amazing show that had numerous rave reviews. Almost everyone who attended stuck around afterwards to meet the band and get autographs from them. Our second show was Peoria Pops Orchestra's annual Christmas Rocks at the Pops concert on December 7. Pops always puts on a wonderful family show, and this year did not disappoint. We closed out our Christmas season with the Peoria Area Civic Chorale's annual American Family Christmas on December 13-15 and Candelight Orchestra's Nutcracker themed concert on December 20. This beautiful candle-lit concert was the last theater production of 2024.

2025 starts off pretty quiet, with the exception of one show that is set to be a huge success. We have three dance groups coming in throughout the months of January and February for either staff training or winter preview shows. Our main event for the beginning of the year, however, is country music icon Lee Greenwood! He will be performing on January 31 at 7:30pm, celebrating the 40th anniversary of his legendary song, "God Bless the USA". This will be the first concert of our 2025 Show Series. We can't wait for this show, and you will not want to miss out!







For complete details and to purchase tickets to our events, scan the QR code or visit FivePointsWashington.org/events



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Book Your Event with Us and Save 10%!

Looking for the perfect spot for your next work conference, training, family reunion, anniversary, or private event? We've got you covered! Our spacious Event Center rooms are ready to accommodate your needs, and we're offering **10% off** any **new rental** booked for the upcoming year through January 15, 2025. Don't miss out on this exclusive offer—secure your event space today and make your special occasion unforgettable!

Get Ready for a Valentine's Day Like No Other!

We're so excited for February and our special Valentine's Day event, **Love-Struck: A Murder Mystery Dinner** on **February 14**! You won't want to miss out on this unique and thrilling event where you try to figure out whodunit. Grab your sweetheart or gather a group of friends for a night full of mystery, laughter and surprises. Get your tickets today and make this Valentine's Day unforgettable!



Cabin Fever 2024!

Our annual Cabin Fever event is just around the corner: February 22! We're thrilled to welcome Captain Quirk this year—if you haven't heard them yet, be sure to check them out on Facebook! It's going to be another fantastic night filled with great music, fun, games and unforgettable memories. Don't miss out on this exciting event—mark your calendars now!





TICKETS:

Five Points Washington, A Community For Well-being

FUND DEVELOPMENT



Thank You for Your Generosity on Giving Tuesday!

We would like to extend our heartfelt thanks to all those who supported Five Points Washington on Giving Tuesday. Your generous donations make a significant impact and help us continue to serve our community. We are truly grateful for your kindness and commitment to our mission.

Thank you for being a part of our success and for making a difference!

Fund Development Coordinator



Community Gallery Wall Current Exhibit: Lisa Raabe

January 6 - March 2

"These landscape paintings come out of experiments with how materials transform because of saturation, in chemical combinations, with heat and pressure while dying and transforming paper. Some begin with plant dyes and metal mordants, others with bronze and steel filings and traditional patina methods. Color ranging from rust, blacks and golds to greens and blues emerge. These spontaneous forms lead me to respond with bits of nature, glass microspheres, pigments, paper and pigment to bring out an emotional kind of place found within each work."











Generational Impact Circle participants are the leading annual donors of Five Points Washington that give \$1,000 or more. They give annually to support the vision and dedication to be a community of well-being for Generations to come.

Cara Linsley caral@fivepointswashington.org 309-444-8222x35



For more information visit www.fivepointswashington.org/support

SENIOR ROOM

Senior Luncheon Washington January 29 & February 26 | 11AM-12PM

Join us in Event Room C for the Washington Park District's monthly Senior Luncheon. These are held on the last Wednesday of every month. You do not have to be a Five Points member to attend. The cost is \$4 per person.

SENIOR ROOM GAME SCHEDULE

Monday......12:30PM......Mexican Train Dominoes*

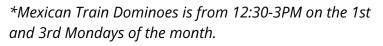
.....Speaker Series**

Tuesday......Pinochle, Euchre



Thursday......12:30PM.....Pinochle, Hand & Foot

Friday......Wii Bowling





WPD BINGO

1st Tuesday of each month | 10AM January 7 & February 4

SENIOR ROOM FACEBOOK GROUP

Join our Senior Room Facebook group to stay up to date on activities, programs, and to stay connected with your new friends.





Five Points Senior Room Facebook Group



FACILITY ANNOUNCEMENTS



NEW UPDATE Guest Pass Policy - Effective Immediately

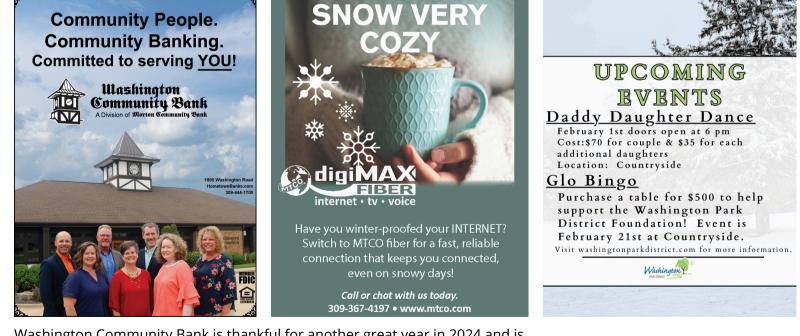
To ensure all members have full access to the facility, we are implementing a daily 2 guest limit per member until further notice.

Members under the age of 16-years-old are allowed 1 guest per day and members 16-years and older are allowed 2 guests per day.

We appreciate your understanding and cooperation as we strive to provide the best experience for all our members and guests.

- Five Points Washington

FIVE POINTS PARTNERS



Washington Community Bank is thankful for another great year in 2024 and is excited for what the new year has in store. We will again be partnering with Five Points on many wonderful events, as well as supporting Washington Community High School and other great community activities. We wish blessings on you and your loved ones for a happy and healthy 2025. Thank you again for your continued trust and confidence!



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