News

Rec Center adds new classes, updates facilities



The sunsetting outside the Student Recreation Center on Nov. 18th, 2024. PHOTO BY MADISON HENDRICKS, STAFF PHOTOGRAPHER/THE DAILY CAMPUS

by Mikayla Bunnell
STAFF WRITER
SHE/HER/HERS
mikayla.bunnell@uconn.edu

The University of Connecticut Recreation Center is ringing in the new year with new classes, updated facilities and brand-new massage chairs.

According to an Instagram post, the Rec Center has improved water bottle filling stations around the gym and added massage chairs on the second floor. The gym is also in the process of upgrading the dumbbells and bumper plates, the post said.

The locker rooms have also seen some changes, with most full-length mirrors taken down and other large mirrors replaced with smaller ones.

New this semester, the Rec Center is adding one-on-one or partner personal training sessions with "certified fitness professionals who hold an [National Commission for Certifying Agencies] accredited personal training certification and have completed [the Rec's] in-house 11-week Personal Training Prep Course," according to the Rec Center's website.

Unlike most fitness classes at the Rec Center, these sessions come at an additional cost according to the Rec Center website. They come in three, five or 10 session packages.

For one-on-one training, three sessions cost $150, five sessions cost $250 and 10 sessions cost $475. Partner sessions — in which two people can work out together with a trainer — cost $225 for three sessions, $375 for five sessions and $750 for 10 sessions. All sessions are one hour long. The packages are valid for six months after the date of purchase, the website said. There are no refunds.

Also new this semester, the Rec Center is offering three free aquatic small group fitness classes.

Gentle Wave is a Hatha-style pool yoga class focusing on "breath, gentle movement, and joint-friendly stretches," according to the Rec Center's website. Participants do yoga on a floating pool mat, on which they can relax at the end of the class. The first class will run on Jan. 31 from 11 a.m. to noon.

Nautical Flow is a Vinyasa-style pool yoga class that helps participants "build balance, strength, coordination and endurance," the website says. The class is also held on a floating pool mat. The first session is on Jan. 27 from 4:30 to 5:30 p.m.

The final new aquatic small group fitness class is Surfer's Sculpt. This is a high-intensity, full-body workout on a floating pool mat, according to the Rec Center's website. It's meant to improve participants' "strength, balance, and control," the website says. The first class runs on Jan. 29 from 4:30 to 5:30 p.m.

Prospective participants can sign up for the classes on the Rec Center's website. Registration opens 24 hours before each class and is required for entry.

A TIMELINE OF ICE ACTIVITY IN MINNESOTA

by Kevin Guinan
STAFF WRITER
HE/HIM/HIS
kcg21003@uconn.edu

As U.S. Immigration and Customs Enforcement prepares to enter its eighth week conducting deportations through Operation Metro Surge in Minneapolis, Minn., immigrants have been sheltering at home and other residents are frightened, according to The New York Times.

The continued presence of ICE over the past weeks have pushed immigrant communities to begin relying on church-run efforts to get groceries delivered. Minnesotan police officials expressed opposition to ICE in a news conference on Tuesday, describing an escalating operation that is undermining local law enforcement and heightening fear, according to the New York Times.

Minnesotans hoping for the tension in the Twin Cities to decrease could be waiting even longer than expected, as the Minnesota Star Tribune reported that Operation Metro Surge has no end-date. President Trump has walked backed threats to use the Insurrection Act to bring in the National Guard to gain control of civil unrest in Minnesota, according to The New York Times.

ICE operations are also expanding in New England, with The Boston Globe reporting that ICE began a "Catch of the Day" Operation in Maine on Tuesday.

Operation Metro Surge began in Minneapolis, Minn., on Dec. 1, 2025, with the goal of having ICE agents arrest illegal immigrants in the city, according to a press release by the Department of Homeland Security. The operation continued on a smaller scale for about a month until Jan. 6, 2026, when 2,000 ICE agents were added to Operation Metro Surge, according to Fox9.

"We have a ridiculous surge of apparently 2,000 people — not coordinating with us — that are for a show for the cameras," Gov. Tim Walz said during a press conference on Fox9.

The influx of ICE agents came on the heels of a viral video by YouTuber and independent journalist Nick Shirley documenting alleged fraud at childcare centers operated by the Minnesotan Somali community. Jim O'Neill, the deputy secretary of Health and Human Services, froze all childcare payments to the state of Minnesota after the video, according to The New York Times.



Renee Good poses with her late husband. Good's former in-laws have spoken out about her tragic death. PHOTO COURTESY OF JOSEPH MACKLIN/WASHINGTON POST

One day after the increased presence of ICE officers in Minnesota, ICE agent Jonathon Ross shot and killed Renee Nicole Good, 37-year-old mother, when approaching her because her Honda Pilot partially blocked ICE between Portland Avenue and 34th Street in Minneapolis, Minn.

Good's death sparked widespread outrage against ICE and protests across Minnesota and the country. A police investigation is underway in Connecticut after a protestor at a Hartford vigil for Good was knocked down by a federal vehicle on Jan. 8, according to Connecticut Mirror.

The Justice Department arrested two protestors in Minnesota and tried to bring charges against independent reporter Don Lemon for interrupting a church service, according to the New York Times. Even though chants included Good's name, it was not organized for her specifically and was instead a call for the resignation of a pastor at Cities Church in St. Paul, Minn, according to Newsweek. One of the eight pastors of the church, David Easterwood, is suspected by protest groups to be an ICE official after his name was listed in a lawsuit challenging ICE.

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