

# **Fitness Centers and Pools expanding hours, reopening TF Studios, and more**

Thursday, May 28, 2020

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Since reopening our pools and fitness centers a few weeks ago, we have been able to observe the process in action. After careful consideration, we believe the expansion of capacity, increase of some hours, and reopening an additional facility are appropriate and safe next steps. The following is a listing of the new hours, openings, etc.

**We will no longer require reservations for our pools or fitness centers, but please note the following:**

- Capacity limits remain in place, but in some cases have increased; described below for each facility:
  - TF Fitness Center: remains 30
  - TF Pool: increases to 50 (from 40)
  - EN Fitness Center: remains 20
  - EN Pool: increases to 40 (from 30)
  - Oasis Pool: increases to 30 (from 20)
- Monitors remain on duty during the hours of 9 a.m. - 5 p.m. at all three pools and the fitness locations.
- Usage "sessions" will remain in place for the monitored operating hours of 9 a.m. – 5 p.m., but session length has been extended. All facilities will close for 30 minutes at 2.5-hour intervals for sanitization daily.
  - Schedule of sessions for all three pools and the TF and EN Fitness Centers is as follows:
    - 9 – 11:30 a.m.
    - 12 – 2:30 p.m.
    - 3 – 5 p.m.

- This means that a monitor will notify swimmers and fitness center users a few minutes before 11:30 a.m., 2:30 p.m. and 5 p.m. that they need to finish their activity and prepare to depart the facility.
- We highly recommend that users plan their visits accordingly.
  - At the end of each session the fitness center and/or pool decks will be cleared to allow for cleaning and sanitizing,
  - Fitness Staff will monitor entry and turn users away if necessary
  - Patrons still need bring their Homeowner card and fitness towel to gain entry
  - Social distancing remains in effect
  - Masks encouraged upon entry and when walking around
- Unmonitored swim time for lap swimming remains available with expanded hours, and is now in line with “regular pools hours” as noted below under each pool area description.
- Fitness Center operating hours remain 9 a.m. – 5 p.m.

**Guests of PebbleCreek Residents may accompany them to pools and fitness centers, with the following noted:**

- Appropriate guest cards are required
- Guests must follow all guidelines and protocols for social distance, and other rules of the community.
- Guest children hours will resume at the pools as noted for each location below.

**Sanctuary Spa services will resume**

- Inquire at the TF Fitness Center for appointment and other information

**Tuscany Falls Studios will reopen**

- Studios operating hours: 8 a.m. – noon, Monday - Friday; Closed on weekends
- Fitness Classes to resume in a limited capacity:
  - All classes will be held in Studio #1
  - Limited to 20 people, on a first-come, first-served basis. We will monitor this process and adjust as needed.
  - Classes will be 45 minutes in duration, and will be taught by Ann Merrill.

- Normal class fees will apply, unless otherwise noted. Class fees payable via member charge only at this time, and until further notice.

## **Classes Offered**

### **8 a.m.: Low Impact Aerobics**

Get your heart rate in the fat burning zone with easy to follow low impact moves. Resistance training using a variety of equipment such as hand weights, tubing, circular bands, weighted body bars, etc. No floor work.

### **9 a.m.: Strictly Strength**

Shape, strengthen and tone using dumbbells, weighted body bars, kettlebells, bands and your own body weight. Squats, lunges, etc., will be included. Bring your own mat for floor work.

### **10 a.m.: Core conditioning, balance and stretch**

Work your core area which includes abdominals, back muscles and hip area. Standing and floor work. Spend time with Ann's favorite balance exercises which you can practice at home and finish the class with stretching.

### **11 a.m.: WellBeats available, first come, first served, no cost**

### **Spin Room**

Spin Bikes will be available for use during building hours with the following exception:

- On Monday, Wednesday and Friday from 11 a.m. to noon they will be unavailable so that we can conduct the Parkinson Peddling Class. To learn more about this class inquire at the TF Studios.

**Tuscany Falls Pool Operating Hours: Open 5 a.m. – 11 p.m.**

- Monitored from 9 a.m. – 5 p.m.
- Please DO NOT move the deck furniture which has been repositioned to maintain social distancing.
- Normal children’s hours in effect: 1- 5 p.m. Applies to kids 8 years of age and older.
- Kiddy Pool operating hours are 9 a.m. – 5 p.m. daily.
  - Kiddy Pool applies to kids 2 – 7 years old, and MUST be accompanied by an adult at all times.
  - This area is limited to five families maximum at any one time to ensure and maintain social distancing on the deck. We estimate a “family” to be one adult and 2-3 children. We ask that adults not exceed 2 per family in the Kiddy Pool area as we attempt to ensure social distance.

**Aqua Group Exercise Class and Aqua Volleyball will resume as noted below. Due to these classes, the outdoor lap lanes area will be reserved for the following activities for the times indicated:**

- Monday and Wednesday, 8 – 9 a.m. – Aqua Group Exercise Class (20-person limit) – Sign-in at the Fitness Studios for this class, please note the Studios building opens at 7:45 to accommodate class registration. Contact TF Fitness Center for details.
- Wednesday, Friday and Sunday, 9 -11 a.m. – Aqua Volleyball - contact TF Fitness Center for details.
- One or two lanes will remain open for lap swimming during Aqua Volleyball times, and the indoor pool remains available for lap swimming as well.

**Eagle's Nest Pool Operating Hours: Open 5 a.m. – 11 p.m.**

- Monitored from 9 a.m. – 5 p.m.
- Normal children’s hours in effect: 9 a.m. – 1 p.m. Applies to kids 8 years of age and older.
- Please DO NOT move the deck furniture which has been repositioned to maintain social distancing.

**Oasis Pool Operating Hours: 9 a.m. – 9 p.m.**

- Monitored from 9 a.m. - 5 p.m.
- Please DO NOT move the deck furniture which has been repositioned to maintain social distancing.

*Source: Bill Barnard, General Manager*