

# THE Fit Center News

Melissa Kallett, Director of Recreation: 935-6743 September 2018

## LABOR DAY CLOSURES

Holiday hours will be in effect on Monday Sept 3rd. The EN and TF Fitness Centers will close at 5pm, and the TF Fitness Studios will close at noon. There will be NO Fitness Classes on Labor Day. Enjoy the holiday.



## SIGNS vs RULES

Often facility users ask us to post signs informing others of our facility rules. **NO TALKING ON YOUR CELL PHONE; or YOU CAN'T RESERVE A MACHINE, or YOU MUST**

**TAKE A SHOWER BEFORE USING THE POOL** or on and on. Experience shows that even when signs are posted, people ignore them. SO.....please, take the time to familiarize yourself with our facility rules. They can be found on the HOA website, or in the Source Book, or by asking at the front desk. When all else fails, let common sense rule the day:

- Share the equipment by letting others use the weight machine between your sets.
- Wipe off the machines when done..
- Leave the room when talking on your cell phone.
- Wear a cover up when entering the building from the pool....and dry off before entering.
- Use the lockers to store your valuables.
- Treat other facility users with respect.

## DON'T HOLD ON!!

As the picture shows...the correct way to use a treadmill is to NOT hold on the handles. If you feel the need to do so, then likely the speed or incline is too much for you. Reduce both, Too many of you are holding on tight...and literally breaking the handles...which are costly to repair. Be safe and exercise within your limits!



## EN FITNESS TO CLOSE

Renovation to the EN fitness area will start October 1st, and continue thru the start of the new year. Projected reopening is Mid-January. The room must be emptied prior to project start, so facility will close the last week in September. Exact date is yet to be determined.



## EN FITNESS PROJECT

During the renovation walls will be removed, the cardio area enlarged, new cardio equipment w/ built in TV's will appear, and additional cardio pieces, weights, stretching cage, and raised stretching platform will arrive. Also the locker rooms and steam rooms will be upgraded. Watch the HOA Post and Website for periodic updates.



## OUR GOOD NEIGHBOR!

Just as they did 2015 when our TF Fitness Center went under the renovation knife, our local YMCA is offering you access to their facility at a special rate. They will waive the one time registration fee and long term contract requirement and allow you a month to month membership for Oct, Nov, and/or Dec. Monthly rates are \$56 for singles, \$77 for couples. Show your PebbleCreek ID card at the membership desk starting Oct 1st to take part. Remember our TF fitness facilities and EN Pool will be open throughout the renovation.

## TF STUDIOS TEMP CLOSURE

The Studios will be closed Mon, Sep 17th thru Sun, Sep 23rd.. All the floors will be refinished during this time. No exercise classes will be held that week. Sorry for the inconvenience, but it has to happen.

