

THE Fit Center News

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May 2018

MEMORIAL DAY HOURS:

Schedule is as follows:

Sat. May 26th:

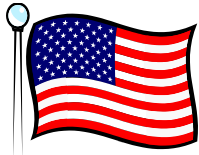
EN & TF: Normal Hours
NO Fitness Classes
Studios: Close at Noon
NO Fitness Classes

Sun. May 27th:

EN: Closed
TF: Normal Hours
Studios: Closed

Mon., May 28th:

EN & TF: Close at 5pm
NO Fitness Classes
Studios: Close at Noon
NO Fitness Classes



POOL PARTY TIME!!!!

Start your Memorial Day Weekend off in style by attending the community POOL PARTY on Friday, May 25th at the TF Outdoor Pool from 6-9pm. There is no cost to attend, though "Bar and Burgers" will be available for purchase. (cash/check only) Bring your friends and neighbors and enjoy island music played on the steel drums, while dining and socializing. For this one nite only....you are allowed to bring your own folding chairs from home. Also, you may bring in finger foods....but leave your BBQ and cooler of booze at home.



DOG WALKING....NOT!



Dogs are wonderful animals, but they are not allowed at or on our pool complexes....and certainly should not be walked amongst the flower beds and landscaped areas inside the pool fence area (as was recently observed happening).

Should you observe this happening, do call patrol or notify the desk staff.

Also...be smart and courteous...and don't use the garbage cans on the TF Cool Down Café patio area to deposit your pet waste. Gross!...but that has been happening, too.

DRIP DRY BEFORE ENTERING

Okay pool users....we love that you are using the facility...but, would you please dry off (and cover up) before entering the building? Many of you are leaving a trail of water behind you....which makes the floors slippery. Please take a few moments to dry off before entering the building....or better yet, use the outside gates to exit the pool area. It's all about safety. Thanks.



FITNESS CHALLENGE



Visit the Studios, pick up your BINGO card, take a WellBeats class and win a prize. The beauty of WellBeats is that it is ready when you are ready to take a class. Check out the virtual exercise classes. The studio staff will show you how easy it is. And Fun!

NEW LATITUDE TRAINER

Our new Sci-Fit fitness machine is due at the TF Fitness Center by mid-May. This recumbent machine with its bi-directional circular movement activates muscles used for stability and side to side movement. Its ideal for building muscles and confidence to reduce the risk of falls. Staff will be available to train you on use once the machine arrives.



EN FITNESS CENTER

Gears are in motion for a EN Fitness Center renovation. Once things get ironed out and approved details will be forthcoming. Till then...patience please.

