

THE Fit Center News

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August 2019

UPDATED EDITION: Aug 9, 2019

BE HAPPY...WE LIVE IN PEBBLECREEK!

Lately as I look around the fitness centers I see some grumpy faces. Don't let the heat of summer get you down. **BE HAPPY!**

In this month's issue, it's all about GOOD CHEER, getting along with each other, and focusing on the positive.



FITNESS CTR TV CHANNELS

The following procedures regarding Fitness Center airing of select channels on the wall mounted TVs has been approved by the HOA Board of Directors.

In an effort to create an environment conducive to health and wellness and free from potential contention, while respecting the desires of all facility users, we have created and clarified our TV Channel policy, applicable to our wall mounted TVs, as follows:

- In rooms with multiple wall mounted TVs, each morning one of the TVs will be tuned to Fox News, and the other to CNN. They will remain on those channels unless, and until such time as a patron asks to have a different channel aired. At that time, both TVs will be tuned to that alternate channel. TVs will then remain on that channel until such time as patrons ask for a different channel, and so it will continue.

- In areas where only one wall mounted TV exists (Cool Down Café, EN Fitness Area, Fitness Studios Lobby), no cable news channels will be aired. Instead, they will be set on a staff or patron channel choice unless, and until such time as a patron asks to have a different channel aired.

This policy is not intended to infringe on one's rights to view news, rather it is to foster a more healthy, less stressful environment. The fitness staff will monitor and change channels according. Patrons using the individual cardio machines may watch the channels of their choice while wearing headphones. **BE HAPPY!**

WEIGHT ROOM ETIQUETTE

Please be mindful that during peak hours, there is a 30 minute time limit when using the cardio machines...treadmills, ellipticals, stationary bikes. There is a sign up board, and you need be mindful if others are waiting. Let the fitness staff know if you need assistance in moving users along in a timely manner. **BE HAPPY!**



STOW THE CELL PHONE!



We know you are important and that your phone calls are, too. BUT, the ringing, the talking, the conversation is disturbing to other patrons. Answer your phone if you must, but then immediately proceed to the lobby or outside.

That said, it can be invigorating to tune out technology for the duration of your workout. **BE HAPPY!**

CAFÉ NEWSPAPER

It's our pleasure to provide the local newspaper and USA Today for patron use while enjoying a cup of coffee or smoothie. Please remember it is not YOUR paper, and others want to read it when you are finished. Do not take it with, and please do not do the puzzle or take the movie section. Leave the paper intact for others to enjoy. **BE HAPPY!**



AT THE POOL



It's summer. The pool heaters have been turned off, and likely won't return until late Fall. If the water feels chilly, it likely is because the air is so hot, or it was an unusually cool night. The aerators are not causing the cold water. They keep the water fresh during the summer. **BE HAPPY!**

Let's keep things in perspective, enjoy the weather, your neighbors and your community.