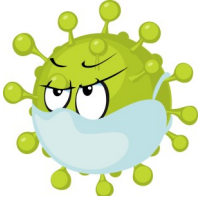


THE Fit Center News

Melissa Kallett, Director of Recreation: 935-6743

Oct/Nov 2020



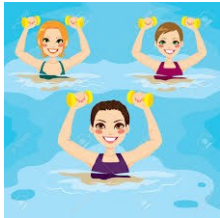
GERM WARFARE!

Fighting the spread of germs in the fitness center is everyone's responsibility. THANKS FOR ALL YOU ARE DOING!

- Mask Wear is Required
- Bring your own hand towel
- No Gym Bags...fancy pack size is OK
- Wipe Down Equipment before/after use
- Wash your hands often
- Stay Healthy!! Stay home if not feeling well.

AQUA VOLLEYBALL

As always, Aqua Volleyball will relocate to the Tuscany Indoor Pool effective **Oct 7th**. Play occurs Weds, Fri, & Suns from 1-3pm. Lap swimmers/walkers are encouraged to alter their plans accordingly, or relocate to one of the outdoor pools.



AQUA CLASS

In anticipation of cooler temps the Aqua Class will move indoors at the start of November. Watch the HOA website for the exact date and morning times.

FITNESS CLASSES

Reminder that reservations are required for all fitness classes. If, after making your reservation, your schedule changes....PLEASE go back to the reservation site and CANCEL your reservation. This way, folks on the wait list can take your spot and enjoy the class.



Reservation Website: www.supersaas.com/schedule/login/PebbleCreek_Fitness

WHERE'S ZUMBA? It's on hold until directives remove the need to wear masks. We shall return when the time is right.



TRY IT!

If you haven't tried it before, now is the time. Each

Tuesday, at 10am, Janet Keys, a member of our fitness staff will be at the TF Studios to walk you through how to use this Virtual Exercise System. Everyone is welcome to use WELLBEATS anytime the Studio #1 is not in use for instructor led classes. WELLBEATS offers over 400 classes of 20-50 minute duration in a variety of disciplines. And....ITS FUN! Don't take my word for it...let Janet show you!

THEY'RE READY TO HELP!

If you need that extra boost to work out, or have a special need you want to work on, then you might just want to give our personal trainers a call. Jean Hachmann and Ann Merrill are available for hire and will tailor a program special for you. There's no better time to get in shape. Don't let the Covid 15 pounds get ya!



*** LOOKING AHEAD ***

TURKEY HOLIDAY HOURS

Thurs. Nov 26th: TF & EN Fit Ctr will close at noon. The TF Studios will be closed for the day. No classes.

Fri. Nov 27th: TF & EN Fit Ctr normal hours. Studios closed. No classes.

Pools will be open normal hours 5am-11pm. throughout the holiday.



HOLIDAY KID HOURS AT POOLS

Nov 19th thru Dec 6th: Kids 2yrs-7yrs can join the older kids in the main pools during normal children's hours. Adult supervision required.



*** STAY HEALTHY ***