

# THE Fit Center News

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## FITNESS STUDIO CHANGES

Starting Sept 1st the Fitness Studios will expand their hours of operation and increase the number and variety of classes offered.

Facility Hours will remain Mon thru Fri 8am-Noon and re-open in the afternoons on Mon & Weds from 3-5pm. Also, they will open on Saturdays from 8am to noon.

The afternoon sessions will welcome the return of YOGA with a new instructor Laine. She will lead Root Yoga (a number of poses held for 3-5 breaths each) and Surrender Yoga (poses held for longer periods to stretch the connective tissue). Also in the afternoons will be Zumba with Tatiana, and our popular Ageless Movement class.

On Saturdays, it's the return of weekend Yoga to include a beginner class at 8am, and a more advanced YinYin Yoga class at 9:15. Also on Sat morning you can get invigorated with a High Intensity Interval Training (HIIT) class.

The entire class schedule can be found on the bulletin boards and flyers at the fitness centers and on the HOA website. There is something for everyone! Give our classes a try again or for the first time.

## SPIN BIKE EXERCISE



With the expanded Studio hours of operation, our spin bikes will be more readily available for your use. We've 10 state of art bikes, and several cycling DVD videos to help motivate you through the workout. The spin bikes are located in Studio 3 are available most of the day. We do offer a special Parkinson Pedal class on Mon/Wed/Fri at 11am. Details are available at the Studios building.

## LABOR DAY HOURS

On Monday, Sept 6th, the TF and EN Fitness Centers will close at 5pm. The Studios will be closed for the entire day. No Fitness Classes will be held. All returns to normal on Tuesday. Pools will remain open 5am-11pm for the holiday.

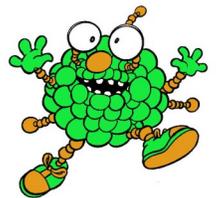


## FLOOR MATS ARE BACK

The floor mats in the Weight Room areas have returned...but you need do your part to keep them clean. We removed them during the height of Covid because, by the nature of their material, they are most difficult to keep sanitized. You are encouraged to wipe the mat down with a Gym Wipe before and after use, and to place a towel between you and mat while using it. Our fitness staff will not deep clean them, though each night the housekeeping staff does spray disinfect the entire room.

## GERM WARFARE!

Fighting the spread of germs in the fitness center is everyone's responsibility. Users are required to bring their own "sweat towel" from home to wipe down the equipment after use. Got guests? Please provide them one as well.



## DRY YOUR FEET!



Pool users are reminded to dry their feet before entering the building. It will prevent you from slipping, and others who follow in the wake of the puddles you leave behind. Take the extra few moments to wipe your feet and dry your shoes.