

THE Fit Center News

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TURKEY HOLIDAY HOURS

Thurs. Nov 25th: TF & EN Fit Ctr will close at noon. The TF Studios will be closed for the day. No classes.

Fri. Nov 26th: TF & EN Fit Ctr normal hours. Studios closed. No classes.

Sat. Nov 27th: All facilities normal hours. Classes resume

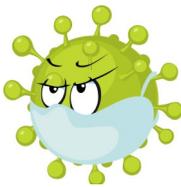
Pools will be open normal hours 5am-11pm. throughout the holiday.

HOLIDAY KID HOURS AT POOLS

Nov 18th thru Dec 5th: Kids 2yrs-7yrs can join the older kids in the main pools during normal children's hours. Adult supervision required.



GERM WARFARE!



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

- Bring your own hand towel
- Wipe Down Equipment before/after use with Gym Wipes
- Wash your hands often
- Stay Healthy!! Stay home if not feeling well.

THEY'RE NEW!



Hopefully TF users have noticed we have 6 new elliptical machines and a new recumbent bike. This is all part of our ongoing plan to replace equipment with newer models on a regularly scheduled basis. The new machines offer several virtual experiences to enhance your exercise. Check them out!

ROOM TEMPERATURES

As users have noticed, it is a constant challenge to find a room temperature that everyone likes. You are encouraged to bring a sweat-shirt if you tend to prefer warmer temps when working out.



FITNESS CLASSES

The Fitness Studios are hopping these days with a variety of classes suited for residents of all abilities. Check them out.

As a reminder...we now offer Mon & Weds afternoon classes in Yoga, Zumba, Strength, and Toning. And...we have Sat morning classes in the same. You asked for expanded hours and offerings, and we responded! Keep those suggestions coming.

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

AQUA CLASS

In anticipation of cooler temps the morning Aqua Classes move indoors this month. BUT, for those diehards who prefer Aqua in the outdoors, we've a new Tues/Thurs 2pm Aqua Zumba class just for you. Sport your gills and join an Aqua Class.



DRIP DRY BEFORE ENTERING



A friendly reminder to dry off (and cover up) before entering the building. Failure to do so leads to puddles in the hallways which become slipping hazards. At TF it is easiest to exit the indoor pool to the parking lot via the pool deck exit that leads directly outside or if at the outdoor pool, exit via the gates.

FACILITY AND POOL ETIQUETTE

Share your lanes, allows others to work in on the machines, wipe down everything....and be nice and smile. Be the model for others to follow.

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