

THE Fit Center News

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MEMORIAL DAY HOURS:

In recognition of the holiday, fitness hours will be limited:

TF & EN Fit Ctrs will close at 5pm on Monday May 30th and

classes are cancelled that day. The TF Fit Studios will close for the entire weekend of Sat, Sun & Mon. Remember our fallen warriors as you enjoy the weekend.

FITNESS CLASSES

Classes will continue to run throughout the summer, though the schedule may not be as full. Some of our instructors are away for the season, and while we try to find substitutes it is not always successful. Use this time to try new classes that are offered. You may find a nice alternative. Class schedules are available at the fitness facilities and on the HOA website. You're encouraged to try a new class to expand your exercise horizon. ENJOY!



GIVE IT A SPIN!

Looking for a cool escape that allows you to cycle?

Check out the spin bikes located in the TF Studios.

They are state of the art bikes that can be dialed to

the intensity that meets your needs. DVDs are available to allow you to cycle with others. No cost, no reservations required. The Studios building is open Mon-Sat from 8am-noon, and in the afternoons on Mon & Wed from 3-5pm.

EXERCISE DVD OPTION

A new DVD system is being installed in Studio #1 and should be ready for patron use soon! Bring your own DVDs or tell us what you want us to buy.



JUNE POOL PARTY!!!!

Plan ahead to join the festivities at the TF Outdoor Pool on Friday, June 3rd from 6-9pm. Our Community Pool Party returns after its Covid absence. There is no cost to attend, though "Bar and Burgers" will be available for purchase. 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.



POOL USE REMINDERS

Pool season is upon us and everyone is reminded to be courteous to others. This way everyone can enjoy and have a pleasant experience.

- When using Sun Tan Spray, note the direction of the wind, and spray away from those lounging next to you.
- No saving loungers for your friends who will join you later. Use is first come, first to use.
- Use of noodles, and similar profiled pool chairs are allowed. Be astute to not block the pool entry steps and ladders as you float about.
- Food items must be consumed on deck, not while floating on your noodle.
- Drinks may be sipped while in the pool, but containers not be glass, and must contain a lid.



WE'RE CASH FREE

We only accept credit cards and homeowner cards...this includes payment for guest fees and café items. Thanks!