



THE Fit Center News

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HAPPY FITNESS NEW YEAR!

The start of the year is a good time to review our facility rules. I've asked my staff to be more visible at enforcing them, so please "read and heed" what the rules are.

FACILITY OPERATING HOURS:

Signs are posted at the entrance to all our fitness facilities. Opening Time: That is when the staff will unlock the doors and allow user entry. If you arrive early...in the rain, snow, sleet or hail...you will need wait in your car or outside. Closing Time: That is when the building needs be vacated. You need stop exercising, use the locker rooms, etc early enough to be out of the building at the closing hour.

USAGE AGE:

Fitness Areas: Guests must be at least 18yrs of age to use the fitness facilities. This includes the weight rooms, cardio rooms, and all Studio Rooms. Pools: Users of the main pools must be 18yrs of age or older....except during posted children's hour when kids 8yrs and older are allowed in the main pools. Children are not ever allowed in the spas, EN lap pool, or TF indoor pool. The Children's Pool at TF is available to kids aged 2yrs thru 7yrs. Children under age 2yrs are not allowed in our community pools.

DRESS CODE:

Fitness Areas: Tasteful fitness attire is required. This means no street clothes or street shoes. No halter tops, no sports bras worn without tops, no half shirts, no tees with gaping arm openings. Athletic shoes must be worn (not boat shoes, street shoes, clogs, scuffs or the "5-finger toe glove"). Also, no jeans and no belts. It may seem petty...but if you look like an athlete you will work out like an athlete....and besides it's about safety, and longevity of the machine seat material. Pools: Swimsuits are required! No cut off jeans, no nude swimming or topless sunbathing. Wear a cover up when entering the building...and please dry off first. No puddles!

HYGEINE and HEALTH

Fitness Areas: Users (including guests) must bring a hand towel to wipe off their machines and benches after use. This mops up the sweat. Don't use this same towel as a tissue or it defeats the purpose. ALSO...when done, use the Gym Wipes provided to wipe down those same machines/benches and equipment to sanitize them. Pools: Persons with open wounds or sores may not use the pools. Swim diapers (children and adults) are not allowed in the main pools. One minor accident can cause closure of the entire pool. Swim diapers are allowed in the children's pool.

ETTQUETTE & CONSIDERATION

1. Cell phone use in the lobbies only....not in the fitness areas.
2. Allow others to "work in" on the equipment between sets.
3. Limit cardio usage to 30 mins when others are waiting.
4. Share lap pool lanes when necessary.
5. Use a towel to sit on in the saunas (coming to EN fitness) and steam rooms.
6. DRY OFF before entering building or exiting the shower area. Locker room mats have permanently been removed for hygiene reasons. Wear shower shoes.

Got questions? Need clarification? Ask the staff...read the complete list of rules at the HOA website...or seek out Ann Merrill or Melissa Kallett.

EN FITNESS CENTER UPDATE

Progress is being made. Look for a reopening at the end of Jan, beginning of Feb. When done....it will have been worth the wait.

- Cardio equipment to match that at TF
- Expanded hours of operation to include Sunday mornings 7am to noon.