

THE Fit Center News

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July 2022



"4th of July" Closures

The EN & TF Fitness Centers will close at 5pm on Monday, the 4th of July. The Fitness Studios will be closed that day, and on Sat July 2nd.

The pools will be open regular hours. ENJOY the holiday...and try to stay cool.

STAY HYDRATED!!

And with the heat...remember to drink water or Gatorade while you work out and sit poolside. Forgot yours at home? We've got it at the Cool Down Café. Cheers!



EXERCISE CLASSES

As happens every summer, many of our group exercise instructors are taking vacations, along with many of the class participants. As a result, we've put several of our regular class on hiatus til Fall.

BUT...fret not because we have a newly installed DVD system in Studio #1, and several exercise videos at the front desk for you to sign out. Videos include yoga, dance, kettlebells, and overall cardio workouts. The Studio staff is happy to help you get it all going. Use is first come first use...but if a session is ongoing, feel free to join in. There is no cost to use the DVD system. **AND...**as always the Spin Bikes are available in Studio #3, with their own set of DVDs to sign out. Indoor exercise...enjoy!

AQUA CLASSES

Exercise in the TF Outdoor Pool Mon & Weds at 8am, and Tues & Thurs at 9am. Also, join our Aqua Zumba offerings on Tues & Thurs at 2pm. The classes are a re-

freshing way to exercise. Our instructors aim to keep the classes fun while keeping you fit!



Tour de Creek 2022

This annual fitness challenge is back for its...15th year(??). Get on your bike, or opt for the cross training walk option...and log your 218 miles. The challenge runs July 1st thru the 24th. Details, and log sheets are available at the EN and TF fitness centers. You can log miles on the streets, or on the machines....and track your progress as the pros do the same in Europe during the Tour de France. Reward to all who complete the challenge. VIVE LE TOUR!

WEIGHT ROOM ETIQUETTE

Please be mindful that during peak hours, there is a 30 minute time limit when using the cardio machines...treadmills, ellipticals, stationary bikes. There is a sign up board, and you need be mindful if others are waiting. Let the fitness staff know if you need assistance in moving users along in a timely manner.



STOW THE CELL PHONE!

We know you are important and that your phone calls are, too. **BUT**, the ringing, the talking, the conversation is disturbing to other patrons. Answer your phone if you must, but then immediately proceed to the lobby or outside. That said, it can be invigorating to tune out technology for the duration of your workout.



WEAR THE RIGHT SHOE

A simple reminder....to wear the proper shoe to match your activity. Please keep your street shoes out of the pool, and your pool shoes out of the fitness center work out areas. Why? Because it's the right thing to do. Thank you.