

THE Fit Center News

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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...have a couple new ones added....Tues afternoon Aqua Zumba, and Tues/Thurs morning Yoga Plus. **ALSO**...we have a 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 and punching bag are available in Studio #3.



EN POOL LOUNGERS UPDATE

Nothing is ever as easy as it could be! After a slight delay the first batch of loungers have returned and the second half are out for their repair work now. All should

be back before the end of July. Thanks for your patience.

FRIENDLY REMINDERS

We welcome your guests and grandchildren and encourage you to read the HOA facility rules before sending them off to the facility and pools. Each pool has children hours (9-1pm at EN, and 1-5pm at TF). Please adhere to those. And for fitness center users ensure they have the proper attire...and a sweat towel with them. Thanks.



OUTDOOR SHOWERS

Let common sense prevail, and only use the outdoor showers for the purpose for which they are intended: a quick 3 min max rinse off the body before entering the pool, and rinsing off chlorine after pool use. They are not there to serve your daily hygiene needs. Please don't shave or brush your teeth while using the pool showers...and YES we have observed folks doing that. Those actions are best done at home...or at least in the locker rooms beside the sinks.

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.



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.

Tour de Creek 2023

This annual fitness challenge is back for its...14th year. Get on your bike, or opt for the cross training walk...and log your 215 miles. The challenge runs July 1st thru the 23rd. 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. VIVE LE TOUR!

