

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 27th 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 possible. Use this time to try new classes that are offered.



As a reminder...Fitness Package users can check their balance and expiration date by logging into their account on the HOA website.



LET'S BE COURTEOUS!

Many people use our facility and at times it can get crowded with everyone wanting to work out at the same time. A few reminders to ensure all enjoy and maximize

their workout time.

- Keep your cell phone in the cubbie and save phone calls and texting until you are done working out.
- Allow others to use the fitness machines while you are resting between sets.
- Don't hoard the handweights. Keep your use to two weights at a time....not six. And allow others to use the weights you are not using.
- Don't sit for prolonged time on the benches between sets....if others are hovering waiting to use that piece of equipment.
- Bring a towel...and use it to sit on and wipe your sweat.
- USE THE GYM WIPES on the machines and hand weights when done.

MAY POOL PARTY!!!!

Our annual PC Pool Party returns to the TF Outdoor Pool on Fri, May 24th, 5:30-8:30pm 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. 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. This way everyone can enjoy and have a pleasant experience.

- No saving loungers for your friends who will join you later. Use is first come, first to use.
- Food items must be consumed on deck, not while floating on your noodle.
- Drinks may be sipped while in the pool, but containers must contain a lid and can't be glass.
- Lap swimmers and walkers are encouraged to share the lanes. There is ample room for 2 folks per lane.
- Look before you spray your sun block to make sure folks nearby are clear of the spray zone.



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.