

# THE Fit Center News

Melissa Kallett, Director of Recreation: 935-6743

April 2018



## POOL ETIQUETTE

A quick look around the pool will tell you things are getting busy. You can help ensure everyone enjoys their pool experience by being “neighborly”. This means:

- Don't hog the chairs — If you're going to float place your towels on a table or pool deck, and leave the loungers for folks to use on the deck.
- Have kids visiting? Have them share a lounge....or let them lie on a towel on the deck.
- Watch where you spray your sun protectant. Don't let the wind carry it into someone else's face.

## LOCKER ROOM ETIQUETTE



Our locker rooms are public rooms and not your private bathroom. Please DO NOT use the sinks to wash your hair. Use the shower for that. And please DO NOT dye your hair in the sinks or the showers. That is best left for your home or the salons. Also....the tissues are provided as a courtesy, and not for you to remove the entire box and take home. YES...some of you have been spotted doing this.

## FITNESS ROOM ETIQUETTE

We all can appreciate the smell of sweat is less than attractive, but preconditioning yourself with extra sprays of cologne or perfume doesn't improve things, and can actually have the reverse effect. Lately facility users have commented on the over abundance of conflicting odors.

## POOL WEAR COVER UPS

Please DRY OFF before entering the building, and please wear a cover-up of some sort....a robe, shorts/t-shirt, shift dress, etc. ...and footwear.



## COMING THIS SUMMER!!

At the TF Fitness Center: To replace the Summit Trainer which reached the end of its life, a new SciFit Latitude Lateral Stability Trainer is on order. This machine looks like a recumbent bike, and is designed to reduce the risk of falls. Expect delivery in May.

At the Sanctuary Spa: New Performalift Spa Tables to replace the existing ones that reached the end of their life are expected later this month.

At the TF Pools: Two new benches were recently added to the indoor pool deck, and outdoors, 15 new loungers are expected later this month. At the Kiddy Pool: fake grass will be installed to match that found around the main pool. The Cool Decking will also be dug up and replaced at the Kiddy Pool and spa area.

At the EN Pool: The dead palm trees will be removed, and new smaller ones planted. Fake grass will also line portions of the pool deck to provide a neater appearance.

At the EN Fitness Center: Plans are in the works to renovate and enhance the workout areas, equipment and locker rooms. Details will be presented and discussed at the **HOA meeting on April 18th, 6:00pm in the TF Ballroom.** Plan to attend to learn all about it.

## SUMMER ACTIVITIES ON THE HORIZON:

May 1—Jun 21: “WellBeats into Summer” virtual fitness class challenge.

May 25th: Annual Memorial Day Weekend Pool Party...with the return of the Steel Drummer.

July: The “Tour de PebbleCreek” cycling challenge....BACK by popular demand.

**DETAILS TO FOLLOW on all....stay tuned**