

THE Fit Center News

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HAPPY FITNESS NEW YEAR!
Make 2018 your Year of Fitness.

NY's Eve: TF Fitness Center and Studios close at Noon. EN closed for the day.

NY's Day: TF Fitness Center and Studios normal hours (No Classes). EN Closed for the day.

USE THAT TOWEL...PLEASE

Help keep our fitness center germ free by using a fitness towel to wipe off the machines and benches when you are done. This includes when moving between the cardio machines and the weight machines. Also...use the Gym Wipes to wipe down the cardio machines when done. You work hard....but don't leave your residue behind.



The use of towels in the steam rooms is also appreciated. And...when entering the buildings after using the pools, use that towel to dry off first. The puddles you leave behind could cause others to slip.

BE KIND TO OUR GUESTS!



'Tis the season when family and friends come to visit. When you see unfamiliar faces in our fitness facilities and at the pools, appreciate that they are welcome members of our community for the duration of their visit. Please be gracious and kind.

If they are on "your" favorite piece of equipment, allow them to use it. If you suspect they are violating some policy, please address your concern with our staff member on duty. Let's treat everyone with respect. Also...as a reminder, if your guests are using the fitness centers, provide them a workout towel to take with them to work out. And, the same for when using the pool. We don't provide loaner towels to pool users. Happy New Year to All!



NEW YEAR, NEW GUEST CARD

As a reminder to all, with the arrival of the New Year, homeowners are encouraged to visit the Clubhouse Front Desk to pick up your 2018 Prepaid Guest Pass Card. Each homeowner is entitled to 30 Free Guest Visits at the fitness center/pools...but you need the card to receive them. When guests arrive, have them present the card at the Fitness Center and they won't need pay the required \$5 Guest Fee. Happy New Year!

RAMP UP TO FITNESS

**A 30-Day Butt and Gut Challenge
(Jan 1st thru 31st)**

Join our latest fitness challenge. For 30-days, follow the schedule of 4 simple exercises: squats, lunges, crunches, and planks. In the end...you'll have a lovely, fit body. Start the year out by Ramping Up To Fitness! Schedule and Log sheets are in the cardio rooms.



CELL PHONE USERS.....

We appreciate the importance of staying connected but when your phone rings, or you feel the need to call someone, PLEASE take the call in the lobby or outside. We all aren't interested in hearing your conversation.

COOL DOWN CAFÉ

It's getting chilly outside. Stop by the café to purchase your PebbleCreek sweatshirt or fleece vest.....and more! Walking at nite? Check out our shoe clip lites.

