



THE Fit Center News

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Dec/Jan 2020/21



HOLIDAY HOURS

The fitness centers will be on holiday hours as follows:

Thurs. Dec 24th: TF& EN close at noon. Studios Closed. Exercise classes

are cancelled for the day.

Fri. Dec 25th: All Fitness closed for the day.

Sat. Dec 26th: All at normal hours. Classes resume.

Thurs. Dec 31st: TF closes at noon. EN & Studios Closed. Exercise classes cancelled for the day.

Fri. Jan 1st: TF opened 7am-2pm. EN& Studios Closed

HOLIDAY KID POOL RULES

Expanded children hours at the pools, from Dec 17th thru Jan 3rd as youths 2-7yr can join the older kids during children's hours



At EN: 9am-1pm

At TF: 1pm-5pm

Children must be accompanied by an adult. Toys, balls, water guns, etc are not allowed.

AFTER THE HOLIDAYS...TF POOL CLOSED

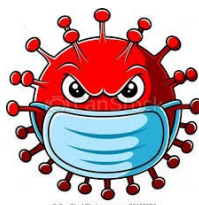
TF Pool Complex will be closed Jan 4th thru 10th to allow for pool deck maintenance and draining/refill of the pools. For this week only, EN Pool will have expanded children's hours and rules: Kids 2yrs and up may use the EN Pool from 9am-2pm daily. NO swim diapers.



FITNESS GIFT IDEAS

Stumped on what to get your spouse or friend for Christmas? Need a little stocking stuffer? How 'bout this:

- Cool Down Café items — fitness towels, T-shirts, sweatshirts, gym bags.
- Personal Trainer gift cards
- Massage gift certificates



NEW YEAR, SAME COVID

Your continued cooperation is appreciated:

- Bring a fitness towel from home...and use it to wipe up your sweat...then use our Gym Wipes to disinfect the machines and equipment after use.
- Leave your big gym bags at home. Down-size what you bring to the fitness centers.
- Stay home if you don't feel good. A day off from exercise might be just what you need!



MASK UP!

We know it's not comfortable. We know it's a challenge to wear while exercising. We know it has a tendency to slip down. BUT...wear of the mask is required per the guidance set by the Arizona Dept of Health Services. We don't make the rules, but we do enforce them.

- Masks need to cover your mouth and nose. If it slips down, pull it up, or better yet buy a mask that properly fits.
- Remember to wash your mask daily...or have multiple masks to swap out while the other is being washed. This helps curtail the spread of the virus...and makes your breathing more pleasant.

PREPAID GUEST FEE CARD

Homeowners are reminded that with the New Year soon upon us, you need pick up your 2021 "Pre-Paid Guest Fee Card" from the EN or TF Resident & Guest Services Desks at the Clubhouses starting Dec 14th. Recall, each homeowner is entitled to 30 free guest passes each year. New Card is Purple.



From our Fitness Staff to you....

Have a joyous Holiday Season and a Healthy and Fit New Year!