

THE Fit Center News

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Sept 2024



LABOR DAY HOURS

The TF and EN Fitness Centers will close at 5pm on Monday, Sep 2nd. The Studios will close the entire weekend of Aug 31-Sep 2. No classes will be held that Sat or Mon. You are encouraged to work out on your own, and enjoy the holiday.



FITNESS CLASSES

Hang in there! We're almost back to full strength on our fitness classes...in October for sure!

Starting this month, the Studios will resume normal hours...opening on Mon/Weds afternoons from 3-5pm. Join the classes offered during those hours, or just pop over to use the Spin Bikes. We'll welcome you with open arms.

PERSONAL TRAINERS FOR YOU

If you need a little extra motivation, or instruction on how best to maximize your workout sessions, we have two personal trainers available to assist. Both Jean Hachmann and Kathryn Diaz are certified professionals with tips and encouragement to help get you fit. Rates are \$35 for a half hour session and \$60 for a full hour. Give'em a try.



SWIM POOLS

The Summer heat remains in full force and the pools are here for you. A reminder that the lap pools at both EN and TF are available to swimmers and walkers alike. Exercise is exercise! We do ask you all to be courteous to each other. When folks are waiting to use the lanes, volunteer to share the lane...especially if you are walkers.

Also...children are allowed to use the lap lanes at TF during children hours (1-5pm). The EN lap pool is for adults only..



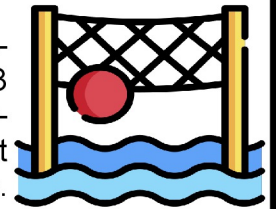
YES WE HAVE RULES...

Rules do serve a purpose of keeping things orderly. Please take the time to review our facility and pool rules before visiting alone or with guests. We want your visit to be pleasant.

Secure a guest pass in advance of your guests arrival...lend them a hand towel to bring to the fitness center...review the children hours...wear appropriate footwear...allows others to work in on the machines with you...take your phone calls in the lobby...etc. Thank you.

AQUA VOLLEYBALL

Join the fun in the TF Outdoor Pool Lap area from 1-3 on Weds, Fri, and Sun afternoons. No cost...and a great way to meet your neighbors. When the weather cools down in October, the games will relocate to the indoor pool.



COOL DOWN CAFÉ

Whether you need a gym bag, tee shirt, sweatshirt or ball cap...the Cool Down Café can help you out. Check out our merchandise and show your community and fitness pride! All prices are tax included and many items can be special ordered to the color of your choice...within reason. Also...the Café has "Grab & Go" snack bars, Gatorade, and coffee.



SAFETY FIRST!

As a reminder...when using the treadmills, be sure to clip the auto stop button to your shirt. This way...should you slip, or miss a step, the deck belt will stop upon your fall and minimize bruising.

Friendly Reminder... at this time of year let's respect each other, and each others opinions.