

THE Fit Center News

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October 2018

WELCOME BACK SNOWBIRDS!

Here's hoping everyone had a wonderful summer, and we're glad to see everyone back at the Fitness Center & Studios! Most notable is that our EN Fitness facility is closed for renovation, and will remain that way for several months. As facility use increases, everyone is reminded to be mindful of their neighbors and fellow workout enthusiasts.



- If others are waiting for the treadmills, bikes, ellipticals, etc....limit workouts including cool down to 30 mins.
- When using the weight machines, let others work-in and do their reps while you are resting between sets.
- If swimming or walking laps...and you see others waiting, share your lane.

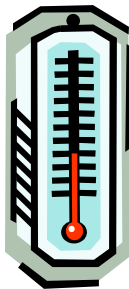
AQUA VOLLEYBALL

Temps have cooled, so Aqua Volleyball has relocated to the Tuscan Indoor Pool effective **Oct 10th**. Play occurs Weds, Fri, & Suns from 1-3pm. Lap swimmers/walkers are encouraged to alter their plans accordingly, or relocate to one of the outdoor pools.



POOL HEATERS ARE ON!

The pool heaters have been turned on for your swimming convenience. Temps in all the outdoor pools are set for 85 degrees. TF Indoor Pool set for 86. Water temps do fluctuate as the filtration and backwash systems cycle....and as the stars align.



REMINDER TO ALL

Persons with open wounds or sores are not allowed in our pools. Band-Aids need to be waterproof, and stick to you. If by chance it comes off, please dispose of it in the trash receptacles. Lately we've been finding them on our pool decks.



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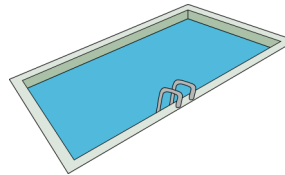
OUR GOOD NEIGHBOR!

Reminder that our friends at the local YMCA on Litchfield Rd are helping us out while the EN fitness center is closed. If interested in using their facility, they will waive the one time registration fee and long term contract requirement and allow you a month to month membership for Oct, Nov, and/or Dec. Monthly rates are \$56 for singles, \$77 for couples. Show your PebbleCreek ID card at the membership desk and they'll help you out.



EN POOL OPEN!

While the EN fitness center is closed, their pools remain open....normal hours for kids and adults.



LOCK 'EM UP

With the temps cooling off more and more of you are riding your bicycles to the fitness center and studios. Please use the bike racks and lock 'em up. Many of you are opting to park your bike on the Cool Down Café patio or in the building porticos blocking entry for others into the building.



FITNESS RUN & FUN
THANKSGIVING DAY 2018

Bring your guests and family. CHILDREN 5yrs and older are welcome to attend, and we'll have separate kiddy fitness games/challenges after the run. Cost is \$15 (includes refreshments and T-Shirt). Sign up today at

GOBBLE GOBBLE!

Make your plans now to participate in our Thanksgiving Day fitness event. YES! Put that turkey in the oven, then head over to the TF Fitness STUDIOS for 9am fun run followed by "fun fitness games/challenges."