

THE Fit Center News

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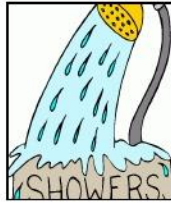
WELCOME BACK WINTER RESIDENTS!

The weatherman promises cooler weather and that not only signals the return of our winter residents, but also larger attendance for outdoor activities such as swimming, tennis, bocce and pickleball. Remember to make reservations accordingly to guarantee your spot!



POOL COURTESY

REMEMBER TO SHOWER PRIOR TO ENTERING THE POOLS AND AFTER APPLYING SUN-BLOCK!



CHILDREN WILL BE RETURNING

Visiting grandchildren are more frequent during the holidays. Children pool hours are 11am-1pm and 4pm-6pm every day. Grandparents please familiarize yourselves with the both the guest and children's pool rules so as to make their QC stay even more enjoyable.



HOLIDAY HOURS!

Please be aware that operating hours will be 5am to 2pm. on both Thanksgiving and Christmas Eve - and closed all day on Christmas Day. Enjoy your holidays with family and your QC friends!



GYMNASIUM ETIQUETTE

Be thoughtful when exercising: wipe down equipment—especially where your hands touch; honor the 30 minute time limit for cardio equipment when attendance dictates, let others work in rather than sit on equipment between sets. Increased residents will also dictate that group fitness class attendees arrive early to guarantee a spot.



DRESS REMINDER CODE



Appropriate workout clothing and proper footwear is required in our fitness areas —no sandals and no denim or cargo shorts please. Also, appropriate cover-ups must be worn when arriving and/or departing the pool via the Anza.

BE REASONABLE AND REALISTIC

Just like Thanksgiving... "don't bite off more than you can chew". Meaning...set reasonable and realistic fitness goals during the holidays. Make your goals attainable and you will have more fun with your workouts. If you need assistance, remember our highly certified group class instructors where fitness is conducted in a social setting. Last, but certainly not least, don't forget to reach out to our exceptionally qualified trainers for a specialized and laser-focused approach to those goals. Then, of course, there are the New Year's resolutions!

