



# THE Fit Center News

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## NEW YEAR'S RESOLUTIONS

### A NEW ME!

With the advent of the New Year comes the inevitable New Years Resolutions. These goals are definitely attainable if one changes the dynamic of the resolution. Breaking down the overall goal into smaller goals will help make it more manageable. Example: "I'm going to the gym for 1 hour 2 days a week for 3 months" is a good way to overcome the mental "blockage". You can then increase it one day every 3 months afterwards. This is a realistic approach

## GROUP FITNESS

To make your goals more attainable, consider joining a group exercise class. It's a lot of fun and very reasonable with our group fitness punch card available for purchase at Anza



## EXERCISE EQUIPMENT USE

This is a friendly reminder that it is not the responsibility of the Anza staff or fellow gym patrons to clean up after you have used a piece of equipment. Please be courteous and wipe down the equipment after use.



## POOLS

Our recreational pool is heated to an

## DRESS CODE REMINDER

Appropriate workout attire and footwear is required in our fitness areas. No denim or cargo shorts, please. And don't forget, when going to and from the pool, to wear your cover-up.

## GYM ETIQUETTE

With the return of our winter residents, the gym will be more crowded. Please remember to honor the 30-minute time limit when others are waiting and let others work in between sets.

## CELL PHONES

When you are in the building waiting or working out, please be cognizant of your fellow gym-goers and silence your device and make/take calls outside or in the lobby. You would be surprised how far one's voice can travel in an enclosed environment even with music playing in the back ground.



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## GUESTS

We all love to show our guests the beautiful amenities here at Quail Creek. It is essential to register your guests at Member Services when your guests arrive. They will then be able to use our amenities during their stay.



If you are not feeling well, please do not come to the gym. Stay home and feel better!