

THE Fit Center News

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March 2019

NEW CLASS: CARDIO SLIDERS!!!

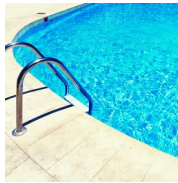


Danie Cawthorn is teaching a new non-impact cardio class using fitness sliders. This is great HIT training for weight loss and toning without hurting your joints using only your own body weight to gain strength and endurance.

For all levels, it's at 6AM on Wednesdays and Fridays. Just \$4 per class or purchase a 10 pack for only \$35 at the fitness reception desk. Bring water and a mat and have fun in this early morning class!

SPRING BREAK AT THE POOL

Our pool monitors will be on duty during children's hours starting Thursday, March 15. This is for the enjoyment of everyone.



- ⇒ Children's hours for those under age 18 are from 11am-1pm and 4-6pm daily.
- ⇒ Children must be toilet trained and must be accompanied at all times by an adult.

Please remember that everyone needs to shower directly before entering the pool and again after sunscreen has been applied.

We appreciate your cooperation.

KEEP MOVING — DON'T SIT ON THE MACHINES



Ask if you can "work in", especially when it's busy. Between reps, let those who are waiting alternate with you. This creates tranquility and efficiency.

UNATTENDED ITEMS AT THE POOL



Please do not leave your items on a chair to reserve your spot while you are away from the pool. Great weather is here and with it, many more people are using the pools. Chairs are at a premium. Any unattended items will be picked up and placed in our Lost and Found collection.

CLASS CHECK IN'S (REVISED)

Please do not check in for a class more than 30 minutes prior to start time. We regret that we are unable to accommodate earlier check ins.



USE THAT TOWEL...PLEASE



Help keep our fitness center germ free by using a fitness towel to wipe off the machines and benches when you are done. This includes when moving between the cardio machines and the weight machines. Also...use the gym wipes to wipe down the equipment when done. You work hard...but don't leave your residue behind.

POOL WEAR COVER UPS

Please DRY OFF before entering the building, and please wear a cover-up of some sort....a robe, shorts/t-shirt, shift dress, etc. ...and footwear.

