

# THE Fit Center News

Mark Jacobson, Fitness Manager, 520-393-6946

May 2019

## MEET OUR NEW FITNESS MANAGER!



We are pleased to welcome Mark Jacobson to the Quail Creek POA Fitness Team as Anza's Fitness Manager. He has a strong background in fitness, teaching in the National Guard for many years and previously managing a fitness

center. Please stop by and welcome Mark.

## POOL SAFETY

We have noticed that quite a few flip flops and sandals congregate around the pool step entry points. This creates a tripping hazard for everyone. Please remove your footwear elsewhere.



## POOL COURTESY

Please be mindful and considerate of other pool users.



Noodle users may not block or hover too close to the step entries, as non float users should be allowed entry into the pool for swimming or soaking purposes.



We have a limited number of lounge chairs. So that everyone has a fair chance at finding a seat, please do not leave the area while you have items on a chair.

## MEMORIAL DAY HOLIDAY HOURS



Anza is open from 6am - 8pm on Monday, May 27. Fitness classes will not be held.

The pools are open regular hours, 4am - 11pm and entry is by use of your key when the fitness center is closed (4-6am and 8-11pm).

## SUMMER TIME FITNESS

Don't let the heat get you down. Pace yourself, drink fluids, and keep on moving. We're here to help.



## SHOWERS ARE IMPORTANT



Would you use someone else's bathwater? Essentially that is what happens when you don't shower before entering our pools.

We cannot stress enough the importance of showering to wash away perspiration, body oils and other impurities. This helps reduce the risk of waterborne illnesses such as diarrhea, swimmer's ear and skin infections. Chlorine helps protect swimmers from waterborne germs but germ destruction is not instantaneous.

Please remember to shower before entering the pools and again after applying sunscreen.