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# Anza Fit Center News

1490 N. Quail Range Loop, Bldg. 4

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ISSUE #10 OCTOBER 2019

## A Friendly Reminder!

### The Do's and Don'ts

For those in the know, the season is quickly coming upon us where we start getting busier and more crowded. So to help refresh memories and inform guests coming from lands beyond, we want to briefly address some of the POA rules & guidelines, and FAQs that pertain to Anza. (Refer to Article 6 of the Quail Creek POA Rules for the complete guideline.)

### Proper Attire

Unlike most gyms in the public sector, the exclusivity of Quail

Creek asks that the residents adhere to a higher standard when it comes to the dress code.

If you plan on using the gym portion of the facility, we request that you dress accordingly. T-shirts (sleeveless, short or long sleeve) and/or sweatshirts in combination with mid length shorts or warm-up pants are appropriate. Jeans, cut offs, any short that does not cover the undergarment, halter tops, wet suits, and any article of clothing exposing a bare midriff are a few examples of what not to wear. Authorized shoes have to be sports specific IE tennis, running, lifting, etc. Any form of open toe, backless & strapless, and hard sole are not allowed.

If you plan on utilizing the pools, we require that you wear the proper swim attire. Civilian articles of clothing are

## Health Observances This Month!

- ❖ 2<sup>nd</sup> - Cerebral Palsy Day (world)
- ❖ 6<sup>th</sup>-12<sup>th</sup> - Mental Illness Awareness Week (US)
- ❖ 13<sup>th</sup> - Metastatic Breast Cancer Day (US)
- ❖ 20<sup>th</sup> - Osteoporosis Day (world)
- ❖ 30<sup>th</sup> - Healthy Lung Awareness Day
- ❖ Liver Awareness Month



not allowed outside of a t-shirt to cover a bare torso or swim wear. As a courtesy to fellow residents working out in the gym, we require that you to cover yourself appropriately transitioning in and out of the building to and from the pools.

## Gym Conduct

**Electronic Devices & 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. You'll be surprised how far one's voice can travel in an enclosed environment even with music playing in the back ground.

**Wiping Equipment:** The Anza staff does a very good job of routinely cleaning equipment and machines, but sometimes get indisposed with other duties. So as a courtesy to your neighbor and to facilitate cleanliness, we ask that you help us by wiping them down too. The readily available sanitation wipes are high quality, non-alcohol based and are located conveniently throughout the building.

**Towels:** There is probably a misconception regarding the towel policy. The use of a towel is partially in reference to cleanliness and maintenance, but its main purpose is as a *visual* courtesy.

If you sweat in any capacity, the towel significantly helps with preserving the longevity of the exercise equipment. But more importantly, it shows that you are being considerate to the person that will use that machine or equipment after you.

## Pool Conduct

**Audio Aquatics:** During the times of the community led pool activity, the participants have priority on those allotted times. However, dependent on the size of the class, the amount of room they require will vary. If the class has a smaller attendance, they have been directed to occupy the minimal amount of space necessary and facilitate those wishing to share the pool for recreational use. As a courtesy of reciprocity, those using the pool recreationally need to respect the class by not disrupting it. We request that you do not swim or walk in their area and avoid conducting loud conversations. Audible music not associated with any class or approved through management is prohibited.

**Flotation Devices & Toys:** Even though we have two pools, there are rules that apply separately due to their overall purpose. In the recreational pool, a single flotation device (small noodle, hand paddles, etc.) is the only

authorized flotation or assist. In the lap pool, hand paddles are the only assist allowed. *However*, exceptions can be made for those using the designated therapeutic lane upon approval of management. Toys of any kind are not authorized in any of the pools.

**Showers and Bathrooms:** Everyone knows the "pool" smell and the associated chemical: chlorine. However, what you might not realize is that that smell is due to the by-product produced by the chemical reaction between the cleaning solution and the bacteria it is combating. The stronger the smell, the more bacteria the cleaning agent is fighting. So in order to help maintain the pH balance of the pools we ask that you shower and utilize the bathroom every time prior to entering the pools.

Besides reducing the spread of illnesses, showering also prevents long term maintenance needs of the pools. It may seem insignificant, but every time you apply any form of lotion and enter the pool, the lotion will rinse off and circulate throughout the pumping system. The residue binds to everything that it comes in contact with which causes the equipment to work harder due to the build up. So we ask that you rinse off after applying lotion prior to entering the pools.

# FREQUENTLY ASKED QUESTIONS

## ❖ WHAT ARE THE HOURS OF OPERATION AND IS THE FACILITY STAFFED?

THE FITNESS CENTER HOURS ARE FROM 5 AM TO 10 PM ON THE WEEK DAYS AND 5 AM TO 9 PM ON THE WEEKENDS. THE POOLS ARE OPEN FROM 4 AM TO 11 PM DAILY. TRAINED STAFF ARE AVAILABLE TO ASSIST DURING THE FITNESS CENTER HOURS.

## ❖ DOES ANZA HAVE WIFI?

WIFI IS AVAILABLE IN THE FACILITY AND OUT IN THE POOL AREA. THE PASSWORD IS "ANZACLUB" ALL IN LOWERCASE.

## ❖ ARE TOWELS PROVIDED AND HOW DO WE SANITIZE EQUIPMENT?

PERSONAL TOWELS ARE NOT PROVIDED, BUT WE ARE LOOKING AT POSSIBLY CONTRACTING IT OUT IN THE FUTURE. IN THE INTERIM, WE ASK THAT YOU BRING YOUR OWN. SANITATION WIPES ARE PROVIDED THROUGHOUT THE FACILITY AND IT IS SUGGESTED THAT YOU WIPE EQUIPMENT PRIOR TO AND AFTER USE. PLEASE DO NOT USE THE WIPES ON THE ELECTRONIC SCREENS.

## ❖ ARE LOCKERS PROVIDED?

INDIVIDUAL LOCKERS ARE LOCATED IN THE MALE AND FEMALE BATHROOMS AND ARE FOR DAILY USE ONLY. ITEMS SHOULD NOT BE STORED OVERNIGHT BECAUSE THE LOCKS WILL RESET AFTER 24 HOURS. TO LOCK, PRESS "C", ENTER A 4 DIGIT OF YOUR CHOICE, THEN PRESS THE "KEY" BUTTON. REPEAT THE SAME SEQUENCE TO UNLOCK THE LOCKER.

## ❖ WHAT IS THE EXERCISE EQUIPMENT USE GUIDANCE?

FORMAL INSTRUCTION IS NOT REQUIRED, BUT WE RECOMMEND A THOROUGH INTRODUCTION IF YOU ARE UNFAMILIAR OR NEED A REFRESHER. COMPLIMENTARY ORIENTATIONS ARE AVAILABLE BY STAFF MEMBERS AND PERSONAL TRAINERS ON DUTY. APPOINTMENTS CAN ALSO BE ARRANGED FOR A LATER DATE.

## ❖ ARE PERSONAL TRAINERS AVAILABLE?

THERE ARE INDEPENDENT PERSONAL FITNESS TRAINERS AND A HOUSE TRAINER. APPOINTMENTS ARE ARRANGED THROUGH THE INDIVIDUAL TRAINER. FLYERS ARE AVAILABLE FOR THE TRAINERS IN THE INFORMATION KIOSK. YOU CAN ALSO INQUIRE AT THE FRONT DESK IN REGARDS TO THEIR SCHEDULE AND AVAILABILITY.

## ❖ WHAT TYPES OF CLASSES ARE AVAILABLE?

A VARIETY OF CLASSES ARE OFFERED AT ANZA! WE CAN'T LIST THEM ALL HERE, BUT A SCHEDULE OF CLASSES AND FLYERS FROM THE INSTRUCTORS ARE AVAILABLE AT THE INFORMATION KIOSK IN ADDITION TO THE ONLINE CALENDAR.

## ❖ WHAT IS THE PROCEDURE FOR GUESTS?

IF YOU ACCOMPANY YOUR GUEST(S) AT ALL TIMES, THEY JUST NEED TO SIGN A DAILY WAIVER UPON ENTRY. IF YOUR GUEST(S) WISH TO USE THE FACILITY ON THEIR OWN, THEY MUST OBTAIN A GUEST PASS AT THE CONCIERGE DESK PRIOR TO UTILIZING THE FACILITY. HOWEVER, NO MATTER THE LENGTH OF STAY, IT IS RECOMMENDED THAT THEY GET A GUEST PASS TO AVOID HAVING TO SIGN THE DAILY WAIVER EVERYTIME UPON ENTRY.

### Why Protein Can Help Your Memory:

Have you noticed that as you've entered into your golden years, that you have begun to experience memory loss?

You know, those moments when you walk into a room and go, "Now...What did I come in here for again?"

I know for me that when this happens, I get frazzled and try to retrace all of my steps to figure out why I walked into that room... and sometimes, to no avail!

Does this sound familiar?

As we get older, it is important for us to continue to maintain a good working memory. The question however is, "How?"

The answer is as easy as changing up your nutritional habits.

Over the years, research has shown that the building blocks to a good working memory are **proteins**. Protein is what we find in products such as:

- Chicken
- Beef
- Fish
- Cheese
- Nuts
- Eggs

However, there is a certain kind of protein we should be consuming in order to reap these positive memory benefits, and that is all natural or grass fed **animal** protein.

Grass-fed animal protein simply means protein that comes from animals who have not been fed harmful chemicals; foods such as hormones, corn, and other unnatural products that wild animals wouldn't eat.

All natural protein is in reference to non grass eating animals. Chickens should not be fed corn or other unnatural products that aren't found in the wild. They simply should be fed what chickens would naturally eat.

Protein sources found in stores that aren't labeled as natural or grass fed could potentially contain multiple pesticides, toxins and other harmful agents that can cause memory loss, fatigue, brain fog, mood swings and much more.

It is important as we age to make sure we take care of not only our external but also our internal. Making sure we are implementing enough grass-fed and or all natural protein into our diets is crucial for mood, memory, bone health and so much more.

As to how many ounces or grams of protein we should be consuming each day, research

has shown that 12-14oz or 84-100g of protein a day is sufficient.

Below are examples of the labels you should be looking for when you shop for these all natural and grass-fed animal products!

Be on the look out for tips and tricks on how to implement this much protein into your diet throughout the day or contact Shelbi Strube for more information!



Shelbi Strube  
Personal Trainer at Anza  
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