

Lunch & Learn Information sessions: L&L @11:00am-12:30 in the Cypress Room/Clubhouse. Please sign up ahead of time in the Lifestyles Office*=**Special event not a L&L**

***Nails by Shauna** Manicures \$25 & Pedicures \$35 natural nails only, no gel in (PR) Tuesdays call to schedule appointment 863.430.9333

VAX ON SITE-** December 7th (MH) **NEW TIME 12:00-1:30pm** *NOW AVAILABLE FLU SHOTS** along with B12 & B12 w/Lipo, Tetanus, Pneumonia. Cash, Check, CC or Flex spending. No appt needed. Call Sean with questions 888-385-4555 ext 1

***FAMILY MOBILE VET** - December 12th (PL) 9-3pm Appointment only 863-535-9329 Full Service

health
markets.

5527 US Hwy 98
North, Lakeland, Florida
863-940-3582



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over 15 years!**

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POOL & SPA HOURS ARE DAWN TO DUSK (64E-9.008) Supervision and Safety.

Night Swimming: Pools shall not be open for swimming at night unless lighting is provided as approved by the jurisdictional building department. Pools authorized for night swimming shall be noted on the operating permit issued by the department. Night swimming shall be considered one half hour before sunset to one half hour after sunrise.

RULES- NO SMOKING or VAPING AT POOL. WE HAVE DESIGANTED AREAS AROUND GRILL & FITNESS CENTER

Guests & children must be accompanied by a resident- Swim at your own risk

Shower before entering the pool & Spa: lotions are detrimental to filters

No diving, jumping, or running around the pool; no throwing objects in pool or on concrete area

No food or drinks in pool; glass containers are prohibited in pool area

No diapers in pool, "Swimmies"/pool diapers are permitted; no animals allowed

Children under 18 not allowed in spa

No saving tables, lounges, or chairs

PLASE PUT UMBRELLAS DOWN when you are finished at your table

If you feel sick please do not enter pool or spa

No open wounds & If you feel Ill with Diarrhea please do not enter

FITNESS CENTER RULES

All residents & guests must sign in at the front desk prior to entering any workout area

Children under age 16 are not permitted in the Fitness Center without a resident

20 minutes on all Elliptical machines (especially during winter months)

Please **do not change TV channels or adjust volume.** Your "Universal Remote" is prohibited and does not work on our TVs correctly

Please have a change of shoes from your outdoor sneakers to gym sneakers. No spike less cleats or sandals

Shorts, Shirts & Sneakers with closed toes/heels must be worn when using the FC, Wet bathing suits are not allowed

Closed top water bottles are allowed

Leave bags, jackets etc. in the available lockers. See Lifestyle office for locker rental

Wipe down equipment after each use with wipes provided

Persons with any medical or physical impairment shall consult a physician before exercising

Fitness Instructors *Chelsea* Mon, Tues, Thurs/ *Mary* Wed & Fri

Tai Chi Instructors *Dave* Mon & Wed (Main Hall) *Iris* Mon & Wed Oak Room

Water Aerobics Mon - Sat Pool 1 (Lap Pool) 8:30am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am High Intensity Aerobics	6:30 am High Intensity Aerobics	6:30 am High Intensity Aerobics	6:30 am High Intensity Aerobics	6:30 am High Intensity Aerobics	Videos Available under the counter by back window facing Golf Course
<i>Chelsea:</i> 8:00am Yoga Hatha Flow	<i>Chelsea:</i> 8:00am Yoga Hatha Flow	<i>Mary:</i> 7:15am Yoga	<i>Chelsea:</i> 8:00am Hatha Flow	<i>Mary:</i> 7:15am Yoga	Shuffleboard Equipment is available in Fitness Center for residents
9:00 Core/Balance	9:00am Core/Balance	8:15 Barre, Pilates & Core	9:00 Cardio/Balance	8:15 Tabata Circuit	
9:45 Cardio	9:45 Cardio	9:00 Pound	9:45 Cardio	9:00 Pound	<i>Wendy:</i> 1:00pm Aqua Tabata Pool 2
10:45 Strength	10:45 Sit & Fit	9:45 Zumba	10:45 Sit & Fit	9:45 Zumba	
<i>Iris:</i> 9:30-10:30 Tai Chi	Reserved (LO) 11:00-1:00pm	10:30 Chair Yoga	<i>Rockettes</i> 12:00pm	10:30 Senior Circuit	<i>Martial Arts</i> 2:00-4:00pm
<i>Dave:</i> 10:30am Tai Chi (MH)	<i>Line Dance</i> Enthusiast 1:00pm	<i>Iris:</i> 9:30-10:30am (OR) Tai Chi	<i>Martial Arts</i> 1:30-3:00pm	11:15 Chair Yoga	
<i>Tammy/Lynn</i> 1:00pm Tabata Pool 2	<i>Martial Arts</i> 2:00-4:00pm	<i>Dave:</i> 10:30am Tai Chi (MH)	<i>Absolute</i> <i>Beginners Line</i> Dance 3:00pm	Reserved (LO) 11:00-1:00pm	FC=Fitness Center LO=Lifestyles Office OR= Oak Room MH=Main Hall
<i>Beginner Line</i> Dance 1:00 pm		<i>Intermediate</i> Line Dance 12:00pm	<i>Ping Pong</i> 5:00pm		
<i>Absolute</i> <i>Beginner's Line</i> Dance 2:00 pm		<i>Wendy/Lynn</i> 1:00pm Aqua Tabata			
<i>Ping Pong</i> 5:00 pm		<i>Rockettes</i> 1:00pm			

Fitness Calendar December 2023



Cypress Lakes Village
A COVE COMMUNITY