

Educational Events: Please sign up ahead of time in the Lifestyles Office

April 3rd London Baker Law – Estate Planning 11am-12:30pm Cypress Room (Lunch Provided)

April 10th SkyMed – Emergency Travel Services 11am – 12:30pm Cypress Room (Lunch Provided)

April 11th National Pet Day – Free treats for your furry friend 10:30am Clubhouse Lobby Entrance
(while supplies last – sign up not required)

April 17th Edward Jones – Financial Planning 11:00am-12:30 Cypress Room

April 20th Resident Picnic Softball Game 10:00am Food to follow tickets required – April 1st-3rd
Clubhouse Lobby – April 8th – 10th Activities Office

April 24th Central Florida Speech & Hearing – Hearing Aid Presentation 11:00am-12:30pm Cypress Room

April 26th National Pretzel Day – Free pretzels 2:00pm Clubhouse Lobby
(while supplies last – sign up not required)

***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-** April 4th (MH) **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** – April 11th (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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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 THE POOL. WE HAVE DESIGNATED 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

PLEASE 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 (Oak Room) *Iris* Mon & Wed Oak Room or FC

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
Chelsea: 8:00am Yoga	Chelsea: 8:00am Yoga	Mary: 7:15am Yoga	Chelsea: 8:00am Yoga	Mary: 7:15 Yoga	Shuffleboard Equipment is available in Fitness Center for residents
9:00 Functional Cardio	9:00 Functional Cardio	8:15 Pilates	9:00 Functional Cardio	8:15 Kickboxing	
10:15 Core/Balance	10:15 Core/Balance	9:00 Pound	10:15 Core/Balance	9:00 Pound	Wendy: 11:00pm Aqua Tabata Pool 2
11:15 Sit & Fit	11:15 Sit & Fit	9:45 Senior Circuit	11:15 Senior Sweat	9:45 Zumba Gold	
12:15 Aqua Tabata	12:15 Aqua Tabata	10:30 Chair Yoga	12:15 Aqua Tabata	10:30 Senior Circuit	
Iris: 9:30 (OR) Tai Chi 4/1 6:30pm (FC) Tai Chi 4/15, 4/22 & 4/29	Reserved (LO) 11:00-1:00pm	Iris: 9:30 (OR) Tai Chi4/3	Rockettes 11:30pm	11:15 Chair Yoga	Martial Arts 2:00-4:00pm
Dave: 10:30am Tai Chi (OR)	Fun with Fran 1:00pm	Dave: 10:30am Tai Chi (OR)	Martial Arts 1:30-3:00pm	12:15 **Aqua Zumba Blending the Zumba philosophy with water resistance, creating a safe, low-impact, high energy aquatic exercise	
Beginner Line Dance 1:00 pm	Martial Arts 2:00-4:00pm	Intermediate Line Dance 12:00pm	Absolute Beginners Line Dance 3:00pm		FC=Fitness Center LO=Lifestyles Office OR= Oak Room MH=Main Hall
Absolute Beginner's Line Dance 2:00 pm		Wendy/Lynn 11:00pm Aqua Tabata	Ping Pong 5:00pm	Reserved (LO) 11:00-1:00pm	
Ping Pong 5:00 pm		Rockettes 1:00pm		Dance Practice 1:00pm	
		Tap Dance 2:00pm			

Fitness Calendar April 2024



Cypress Lakes Village
A COVE COMMUNITY