

# Cypress Lakes Fitness Center

**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 DESIGNATED AREAS AROUND GRILL & FITNESS CENTER**

**Guests & children under 18 must be accompanied by a resident**

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 or metal containers are prohibited in pool area; no smoking/vape or E-Cigarettes,

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

Swim at your own risk

## **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

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

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

Water bottles are allowed with a closed top

Leave bags, jackets etc. in the available lockers. See activities 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

**March Lunch & Learn Information sessions: L&L @11:00am-12:30** in the Cypress

Room/Clubhouse. Please sign up ahead of time in the Activities Office\*=**Special event not a L&L**

\*3/6 Health Fair 9:00am-1:00pm (MH) For all residents

\*3/7 Sunshine Water 10:00am (MH) For all residents

3/8 AG Capital Insurance- Medicare Education with Adam Sidoti

\*3/10 Wine & Paint with Kate Hall 10:00am (MH)

3/15 Will's & Trust with Seth Mann

\*3/20 State Attorney General Brian Haas- How not to be scammed & avoid fraud 1:00pm (MH)

3/23 Home Instead- personal care, transportation, medication, memory care, hospice support & much more

3/29 Sky Med how to save \$30K in :30 min not regular healthcare coverage (CR)

4/5 Your CBD Store (CR)

**Manicures & Pedicures with Shauna** in (PR) Tuesdays call to schedule appointment 863.430.9333

3/2 **VAX ON SITE-** (RR) 12:30-2:30\*\***NOW AVAILABLE FLU SHOTS** along with B12 & LIPO INJECTIONS, Vax & Flu. Cash, Check, CC or Flex spending. No appt needed. Call Sean with questions 888-385-4555 ext 1

3/21 **FAMILY MOBILE VET (PL)** 9-3pm Appointment only 863-535-9329 Full Service

health  
markets.

5527 US Hwy 98  
North, Lakeland, Florida



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Fitness Instructors **Mary** Mon, Wed & Fri      **Tina** Tues & Thurs  
Tai Chi Instructors **Dave** (Main Hall) Mon & Wed **Iris** (Oak RM) Mon & Wed  
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	<b>Videos Available under the counter by back window facing Golf Course</b>
Mary: 7:30am Yoga	Tina: 8:00 am Core & Stretch	Mary: 7:30am Yoga	Tina: 8:00 am Core & Stretch	Mary: 7:30am Yoga	
8:30am Tabata Circuit	9:00am Sculpt & Cardio	8:30am Strong	9:00am Sculpt & Cardio	8:15am Tabata	<b>Wendy: 1:00pm Aqua Tabata Pool2</b>
9:15am Pound	9:45 am Zumba	9:30am Pound	9:45 am Zumba	9:00am Strong	<b>2:00-4:00 Martial Arts</b>
IRIS: 9:30-10:30 Tai Chi (OR) Myth & Movement Dave: 10:30am Tai Chi (MH)	10:45 am Sit & Fit  Aqua Tabata 11:45-12:30 Pool 2  11:30-1:00pm Reserved (AO)	10:30am Chair Yoga  IRIS: 9:30-10:30 Tai Chi (OR) Myth & Movement  Dave: 10:30 Tai Chi (MH)	10:45 am Sit & Fit  Aqua Tabata 11:45-12:30 Pool 2  12:00 pm Rockettes Advanced line dancing	10:00am Pound  11:00am Chair Yoga  11:00-1:00 Reserved (AO)  John Santos Golf Agility 1:00pm-2:00pm	
Tammy: 1:00 pm Aqua Tabata Pool 2	1:00 pm Absolute Beginner's Line Dance	12:00 pm Intermediate Line Dance	1:30-3:00 Martial Arts		
TAP Dance 11:30-1:00 pm	2:00-4:00 pm Martial Arts	Wendy Aqua Tabata 1:00pm Pool 2			
1:00 pm Beginner Line Dance		1:00 pm Rockettes Advanced line Dancing	3:00 pm Absolute Beginners Line Dance		
2:00 pm Absolute Beginner's Line Dance					
5:00 pm Ping Pong		Tap Dance 2:00-3:30	5:00 pm Ping Pong		

March 2023



**Cypress Lakes Village**  
A COVE COMMUNITY

