



TICE CREEK FITNESS CENTER



Weekly News - 8/24

Hello Rossmoor Residents,

The team at Tice Creek Fitness Center welcomes you to another edition of our weekly newsletter, designed to provide you with a few helpful tips and resources during this challenging time. If you do not want to receive the newsletter, please click the unsubscribe link at the bottom. We miss you and hope you're staying safe and active!

Pool Reservations: New Reservation Window!

Effective today, Monday, August 24th at 11:50pm, the online and App pool reservation window will change to the following:

Starts Daily @ 7:00 AM
Ends Daily @ 11:50 PM

Reservations made via phone by calling Aquatics @ 925-988-7854 will remain available on Monday - Friday from 7:00 AM - 2:00 PM.

** Each day, online and App pool reservations will close at 11:50pm and will reopen at 7am the next morning.*

[CLICK HERE: Updated Pool Rules Reference](#)

Live Stream Zoom Fitness Classes

New Live Stream Classes Added!!

Vinyasa Yoga w/ Noah Yuzna: Tuesdays @ 1:30 PM
Vin Yoga w/ Noah Yuzna: Wednesdays @ 1:30 PM

Click the blue buttons below to get all the information about how and when to participate in live stream classes. You can also find some helpful tips for using Zoom by clicking the first link below.

We look forward to seeing you online! Encourage your Rossmoor friends and family to join in! As a reminder, any Zoom class cancellations or changes will be posted on the Live Stream class schedule on the Tice Fitness website. (second link below)

Pilates Mat: Bob Huff
Beginner Pilates Mat: Bob Huff
Light Strength & Balance: Katleen Lamport
Triple S - Stand, Sit, Strength: Becky Beckelman
Abs & Back: Jo Nash
Stretch: Jo Nash
Barre: Emm Yee
Abs & Hips: Dino Giannakis
Vinyasa Yoga: Noah Yuzna
Yin Yoga: Noah Yuzna

NO REGISTRATION OR RESERVATIONS REQUIRED

CLICK HERE: Join Live Stream Zoom Fitness Classes

CLICK HERE: Up to Date Live Stream Class Schedule

Printable Workouts

We've Added More Workouts!

Check out the printable/PDF at-home workouts the fitness team is putting together. Each workout includes images of the exercises to help show proper technique. We're in the process of adding more workouts to the list.

Click the link below to go to our "stay-at-home fitness" webpage, then scroll down to the "printable workouts" section.

CLICK HERE: Printable Workouts

Virtual Personal Training Services

Are you struggling to get or stay active during these challenging times?

Are you getting bored with your current At-Home routine or wondering how to start one?

Are you looking for a little extra motivation and direction to help get you going in the right direction?

The list of benefits of exercise is endless. Here are just a few of the important

benefits during this time when people are more isolated, more sedentary, and at higher risk.

- **Improved immune function to combat illness and disease**
- **Improved mental health to combat stress and anxiety**
- **Improved cognitive function**
- **Decrease risk of falls**
- **Improved confidence and independence**

The Tice Fitness Center personal trainers are currently working with a number of residents via online, virtual platforms such as Zoom or FaceTime, and/or contacting clients regularly by phone or email. [If you're interested in connecting with a trainer for help developing and maintaining an exercise routine please contact the fitness desk at 925-988-7850 or \[fitnessdesk@rossmoor.com\]\(mailto:fitnessdesk@rossmoor.com\).](#) We can tailor this service to meet your needs, from a one-time phone call to on-going, weekly virtual training sessions.

- *space limitations based on trainers schedules and availability.*
- *on-going virtual training services are currently free, this may change to a fee-based service in the future.*

Riddle of the Week



Riddle

What begins with T, ends with T, and has T in it?

(answer at bottom of newsletter)

Fitness Article



Home Exercises For Golfers (or anyone)

Bob Huff, Fitness Center Trainer

The following exercises are great for building core stability, posture, mid-back and shoulder strength, lower body strength and balance, and thoracic spine mobility. All of these are physical attributes necessary for playing better golf.

Bird Dog (core stability and rotation)

Position yourself on all-fours with hands....

[Read The Full Article Here](#)

Other Fitness Resources

[CLICK HERE: Stay-At-Home Exercise Videos](#)

Check out the library of exercise videos from the Tice Fitness staff. Click the link above.

[CLICK HERE: Channel 28 TV Guide](#)

Channel 28 is playing previously recorded exercise classes from the fitness team. For a schedule and class descriptions for the week, click the link above.

Rossmoor Counseling

Optimum Wellness Speaker Series via Zoom Webinar

Home Care and the Coronavirus: An Interactive Presentation

Lorna Van Ackeren of the Advisory Council on Aging and Hillendale Home Care will discuss negotiating risks of COVID-19 infection when hiring and employing caregivers. Registered Nurse, Tricia Macilwaine, will join Lorna by providing her medical guidance on this important topic.

Thursday, August 27 from 1:00 - 2:30 p.m.
via Zoom Webinar

To register and receive the log-in information, please call 988-7750 or email counseling@rossmoor.com

[CLICK HERE: Event Flyer](#)

Rossmoor Counseling

Sleep is an important component in one's physical and emotional health. If you are having difficulty with sleep due to emotional concerns and would like to talk to a supportive counselor, call Rossmoor Counseling Services at 925-988-7750 to be connected to a counselor.

SLEEP HYGIENE

Tips for a Good Night's Sleep

-  **Go to bed and get up at the same times each day**
-  **Don't eat or drink too much when it is close to bedtime**
-  **If you take naps, keep them short and before 5PM**
-  **Exercise Regularly**
-  **Develop rituals to wind down before going to bed**
-  **Keep the bedroom a relaxing place—avoid working or paying bills in bed**
-  **Go to bed in a dark, quiet room that isn't too hot or too cold**
-  **Don't lie in bed awake**

Rossmoor Recreation

[CLICK HERE: Recreation Live YouTube Channel](#)

Riddle Answer

Answer: Teapot

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