



TICE CREEK FITNESS CENTER

Keeping Active Into 2021 WORKOUT CHALLENGE

On December 16th, we're launching a **Workout Challenge** for Rossmoor residents. During the challenge residents can earn 1 raffle entry per day for workouts completed each day.

This program is for all residents, regardless of physical condition. Workouts can include any type of exercise or any form of movement, from an at-home exercise routine, to a walk around the block, to yard work, to balance training, to a virtual personal training session with one of our trainers, and everything in between.

At the end of the program, participants will be chosen through a random drawing to win great prizes. **Almost \$1,000 in prizes**, including a \$200 Visa Gift Card top prize, personal training session gift certificates, at-home fitness equipment, and more.

We can't wait to see how many residents take on the Challenge?

Encourage your Rossmoor friends and family to join in!

[Click the link below to see how to participate](#)

Questions: contact the fitness desk at 925-988-7850 or fitnessdesk@rossmoor.com

CLICK HERE: Workout Challenge Details

Virtual Pilates Reformer Classes

NEW VIRTUAL CLASS!!

Jo Nash, personal trainer and Pilates Reformer instructor is starting virtual "Reformer" classes on Wednesday, December 9th. Participants will use bands and at-home items to perform Pilates Reformer movements in a 100% virtual class.

- Mondays & Wednesdays: 9 AM - 10 AM, Fridays: 12:30 PM - 1:30 PM
- Classes are fee-based with required registration
- 6 people per class
- Click link below for more details

Contact Jo Nash with any questions: JNash@rossmoor.com

CLICK HERE: Virtual Pilates Reformer Details

Live Stream Group Fitness Classes on Zoom

New Live Stream Classes Added!!

Total Core w/ Becky Beckelman: **Fridays @ 11:30 AM** (starts

Ballet w/ Jo Nash: **Tuesdays @ 3:00 PM** (starts 12/15)

Tap w/ Jo Nash: **Tuesdays @ 4:00 PM** (starts 12/15)

Click the 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!

NO REGISTRATION OR RESERVATIONS REQUIRED

CLICK HERE: Join Live Stream Classes

CLICK HERE: Live Stream Class Schedule

Virtual Personal Training Services

The Tice Fitness Center personal trainers are currently working with many residents in virtual training sessions via online, virtual platforms such as Zoom or FaceTime.

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.

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 personal training is a fee-based service*

CLICK HERE: Virtual Personal Training Info

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: Printable Workouts

Check out the library of printable exercise routines, with instructions and pictures, 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 and other fitness professionals. For a schedule and class descriptions for the week, click the link above.

Outdoor Pools: Walk-Ups Allowed

Effective Monday, December 7th, GRF will allow walk-up

registrations for any open pool reservation times.

Rules

- Each resident is still entitled to a maximum of three reservations per week through the reservation system.
- If the maximum occupancy for each session (10 at Dollar and 6 at Hillside) is not reached through the reservation system, then walk-ups will be accepted.
- Walk-up registration will not count toward the three maximum weekly reservations.
- All residents with a reservation must show no later than 10 past the top of the hour in which they have a reservation. Reservations will be cancelled for those that have not arrived by 10 minutes past the hour.
- Walk-up registration for open slots will be accepted each hour on a first come first served basis. Open slots may not be reserved in advance or held.
- Those attending as a walk-up must wait in the designated line in order of arrival. Once those with a reservation are checked in, the pool monitor will fill vacant slots from those in the walk-up registration line in order until all slots are full.
- If by 10 minutes past the top of the hour a person with a reservation does not show, then the next walk-up swimmer will be registered for the empty slot.

[CLICK HERE: Pool Rules - Updated 12/4/20](#)

Tice Creek Fitness Center
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