



JOHNS CREEK



## IN THIS ISSUE

COMMUNITY CONTACT LIST

REMEMBER 9/11  
ACCESS CARDS

HURRICANE SAFETY AND PREPAREDNESS

HURRICANE HARVEY: HOW CAN YOU HELP

MEETINGS/GARAGE SALE

COMMUNITY INTEREST GROUPS

JOHNS CREEK CONNECTIONS

CALENDAR

SENIOR COFFEE

CHICK-FIL-A

FOOD TRUCK FRIDAY

MANNERS FOR LIFE

FREE WELLNESS CLASS

LITTLE FREE LIBRARY

COMING IN OCTOBER

JACKSONVILLE ARMADA

RECIPE CORNER

POOL SCHEDULE

THUNDER & LIGHTNING  
POLICY

GYM RULES

FITNESS PROGRAMS

# JOHNS CREEK CONNECTION

*September 2017  
Newsletter*





# Johns Creek Community Contact List

**Amenity Staff**  
**904.230.4208**

**Field Operations Manager**

Jim Masters  
Jim.masters@vestaforyou.com

**Admin Assistant**

Carol Novak  
CNovak@vestapropertyservices.com

**Special Events**

Kathy Sargent  
Kathy.sargent@vestaforyou.com

## **HOA Property Manager**

Interlaced Property Solutions  
Sherry McNees  
clientservices@interlacedjax.net  
904.619.9190  
5991 Chester Ave  
Suite 203,  
Jacksonville, FL 32217

## **CDD District Manager**

Governmental Management Services  
Jim Oliver  
joliver@gmsnf.com  
904.940.5850  
475 W. Town Place  
Suite 114  
St. Augustine, Florida 32092

## **CDD Board of Supervisors**

Gary Williams - Chairman

Dianne Drinkwater - Vice Chair  
Barbara Little - Assistant Secretary

Chuck Dicey - Assistant Secretary  
Meredith Payne - Assistant Secretary



Remember the hours after September 11th, when we came together as one to answer the attack against our homeland. We drew strength when our firefighters ran up stairs and risked their lives so that others might live; when rescuers rushed into smoke and fire at the Pentagon; when the men and women of Flight 93 sacrificed themselves to save our nation's Capitol; when flags were hanging from front porches all across America, and strangers became friends. It was the worst day we have ever seen, but it brought out the best in all of us.

*—John Kerry*



## Attention Johns Creek Residents:

**ACCESS CARDS ARE REQUIRED!**

When coming to either Amenity Center or the Fitness Room, you must have an access card for entry.

For access card information please see the website at

[www.johnscreekfl.com](http://www.johnscreekfl.com)

Or call the office at

**904.230.4208**



## Hurricane Safety and Preparedness

The time to plan for a disaster is **BEFORE** one happens. As we watch the tragic events in Texas unfold, we would like to take the time to send out some preparedness reminders we hope you will never need. Make sure that you are prepared for hurricane season now. Just as we have plans in place to take care of our amenity center, so should you have plans in place for your home and family in the event of any emergency.

### A few items to consider:

- Make sure that the amenity center has your correct email address. We will keep you updated with important community information in the event of an emergency
- Update your pet's shots now - pet friendly shelters are limited and your pets will need to be immunized.
- Purchase a water/fire-proof safe for important documents.
- Update your homeowner's policy now. Your home value and furnishings may have changed. Does your policy reflect the true value of your home?
- Document and take photos of valuable household items.
- And many more...

Please see the following links below for more information and useful tips.

#### St Johns County Hurricane Preparedness Guide (pdf)

<http://www.sjcemergencymanagement.org/pdf/hurrrprepguide.pdf>

<http://www.emergencykits.com/>

<http://www.nhc.noaa.gov/prepare/ready.php>

<https://www.ready.gov/hurricanes>

#### For your pets

<https://www.ready.gov/animals>



JOHNS CREEK



## Hurricane Harvey: How can you help?

Many of us are left feeling powerless in the tragic aftermath of Hurricane Harvey. If you are wondering how you can help, here is a list of just some of the organizations on the ground in Texas to help the many victims of this terrible storm.

***\*\*Please note: None of these charities are supported or endorsed by Brandy Creek CDD, Vesta or any of its employees. This list is provided for informational purposes only. Please use due diligence when donating charities on-line.***

**The Hurricane Harvey Relief Fund** of Houston's mayor, Sylvester Turner, which is administered by the Greater Houston Community Foundation: <https://ghcf.org/hurricane-relief/>

**The Houston Food Bank**: <http://www.houstonfoodbank.org/>

**The Galveston County Food Bank**: <https://33714.thankyou4caring.org/sslpage.aspx?pid=298>

**The Food Bank of Corpus Christi**: <http://www.foodbankcc.com/>

**American Red Cross**: You can provide monetary donations for Hurricane Harvey relief .  
<https://www.redcross.org/donate/hurricane-harvey?campname=Harvey&campmedium=aspot>

**TEGNA**'s company-wide donation link is live and currently collecting donations for Hurricane Harvey relief. You can provide funds by clicking here.: <http://www.wfaa.com/news/texas-cares/435650366>

**Texas Diaper Bank**: You can provide monetary donations to the organization by clicking below. Be sure to note that you want your donation applied to "Disaster Relief."

<https://texasdiaperbank.networkforgood.com/projects/33717-change-a-life>

**Global Giving**: The organization is currently raising funds for Hurricane Harvey relief.  
<https://www.globalgiving.org/projects/hurricane-harvey-relief-fund/>

**All Hands Volunteers**: The organization is currently raising funds for Hurricane Harvey relief.  
<https://give.hands.org/campaign/hurricane-harvey-response/c142948>

**SPCA of Texas**: Numerous pets have been displaced from their shelters in Corpus Christi and other areas due to the flooding from Hurricane Harvey. There are several ways to help this organization. You can provide a general donation by clicking here: <https://www.sPCA.org/give>, or paying for items on the organization's Amazon wish list.

**Houston Humane Society**: The nonprofit organization is currently taking general donations while the staff continues to care for their residents. You can provide monetary donations by clicking here:  
[https://www.houstonhumane.org/\(Give\)/giving/general-donation](https://www.houstonhumane.org/(Give)/giving/general-donation)

**J.J. Watt Donation**: The defensive end for the Houston Texans is collecting donations to help the people of Houston. You can donate funds by clicking here: <https://www.youcaring.com/victims of hurricane harvey-915053>



*Get*  
**INVOLVED**

**CDD Board Budget Meeting**  
*Wednesday, August 23rd*  
*6:30PM at Phase 2*

**Phase 1 POA Board Meeting**  
*Tuesday, September 19th*  
*6PM at Phase 2*



# COMMUNITY GARAGE SALE

SATURDAY, OCTOBER 14TH

HAVEN HOSPICE WILL BE AT  
PHASE 1 FROM 11:45 - 12:30  
TO ACCEPT DONATIONS. IF  
YOU HAVE A LARGE ITEM TO  
BE PICKED UP, PLEASE CALL  
THE OFFICE AT 230.4208 TO  
ARRANGE A PICK UP TIME.





JOHNS CREEK



# JOHNS CREEK

## INTEREST GROUPS

### Book Club

The book club meets once a month either at a member's home or at the amenity center. All the details are posted on our Facebook page. Feel free to join us even if you haven't read the book.

For more information, contact Cindy Dicey at [cmdicey@gmail.com](mailto:cmdicey@gmail.com)

### Running Club

Interested in joining a running club in Johns Creek? Contact Jennifer Stoner or the Facebook page: Johns Creek Running Club

### Bible Study

Johns Creek Bible Study - All are invited. You can begin attending at any time. Every Monday from 7:30-8:30 Call or Text Brandon 904-962-7600

### Johns Creek Outreach

Interested in joining a group of neighbors working with local charities to serve the local community? Please "Like" our Facebook page (Johns Creek Outreach) and get involved!

### Senior Coffee

Senior Coffee meets every Friday at the Phase 2 Room at 10am. Ages 55 and older

### Aqua Zumba

Aqua Zumba meets every Tuesday and Thursday at the Phase 1 pool from 9-10AM. The cost is only \$5 per class for residents

### Zumba

Zumba meets every Monday and Thursday at Phase 2 at 6:30pm. The cost of each class is ONLY \$5.00. *or* 4 classes for \$18.

### Yoga

Yoga meets every Monday evening at 7:40PM at Phase 2. All skill levels are welcome. The cost is \$5 per class residents and \$7 for resident guests

### Aqua Zumba

Aqua Zumba is finished for the season. Join us in the spring for more Aqua Fitness FUN!!

### Johns Creek Playgroup

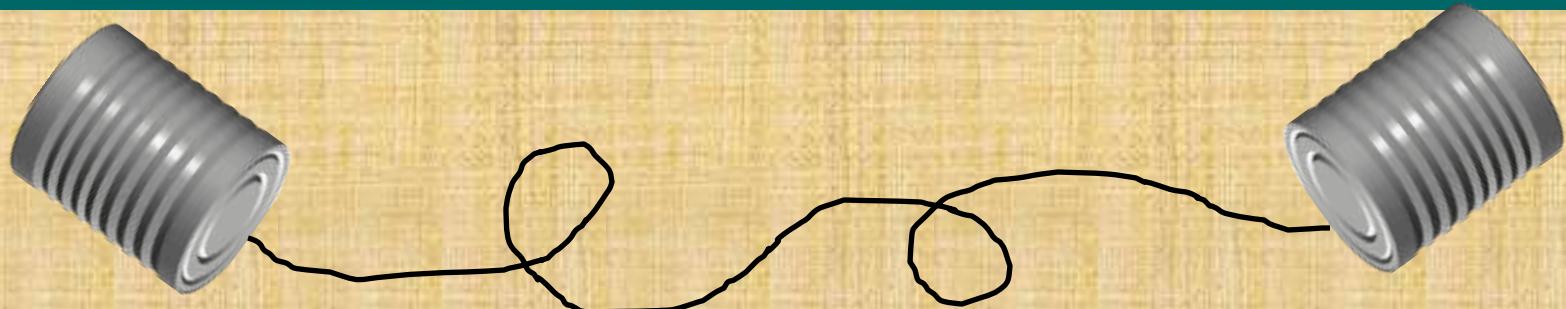
Please contact Lindsay Neuner for more information on upcoming events and schedules: [cinderellaloveshersailor](mailto:cinderellaloveshersailor)

OR  
Check the Johns Creek Community Facebook page for locations and times.

### Mom's Club of St. Augustine N

We're looking for stay-at-home moms or part time working moms to join our club. We also have associate memberships for working moms. The club has events almost daily that include in home play-dates, parks, community events, tours, and more. Make new friends for mommy and the kids! This chapter is limited to zip codes 32092 and 32095. Go to [www.sanmomsclub.weebly.com](http://www.sanmomsclub.weebly.com)

*\*\*If you are interested in starting an interest group, please email the Amenity Staff at [brandycreekmanager.com](mailto:brandycreekmanager.com). We look forward to hearing from you. This list is for informational purposes only and in no way construes an endorsement of any meeting or club.*



## Johns Creek Connections

Make sure you stay tuned to all of our resources for the LATEST JOHNS CREEK INFORMATION!

### Website

Please visit our website at

[Johnscreekfl.com](http://Johnscreekfl.com)



\*\* Also, while on the website's homepage make sure to register your email address to receive our email blasts and our monthly newsletters. Please note, you might have to check your spam file and allow our special deliveries.



Lastly, we are now on Twitter! Follow us  
@JohnsCreek2.

We will post important event and pool information so you will know if the current weather conditions have temporarily closed the pools, postponed an event or other important news etc.

This account is for outgoing posts only.

If you have questions or concerns, please call us at 904.230.4208 during business hours and we will be glad to assist you.



# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1					1	2
					Senior Coffee 10AM at Phase 2	
3	4	5	6	7	8	9
Labor Day—Both Pools Open		Chick-fil-A to go 5:30PM at Ph 1		Senior Coffee 10AM at Phase 2		
No Aqua Zumba				Food Truck <u>Friday 5-8PM</u> <u>Phase 2</u>		
Yoga 7:40PM at Phase 2						
10	11	12	13	14	15	16
Aqua Zumba 8:30 am at Phase 2		Chick-fil-A to go 5:30PM at Ph 1		Senior Coffee 10AM at Phase 2		
Yoga 7:40PM at Phase 2		CDD Meeting 6:30PM Ph 2				
17	18	19	20	21	22	23
Aqua Zumba 8:30 am at Phase 2	Ph 1 POA Meeting 6PM Phase 2	Chick-fil-A to go 5:30PM at Ph 1		Senior Coffee 10AM at Phase 2		Manners For Life 1PM Ph 2
Yoga 7:40PM at Phase 2						
24	25	26	27	28	29	
Aqua Zumba 8:30 am at Phase 2		FREE Wellness Class 6:30PM Phase 2		FREE Wellness Class 6:30PM Phase 2	Senior Coffee 10AM at Phase 2	
Yoga 7:40PM at Phase 2		Chick-fil-A to go 5:30PM at Ph 1				



JOHNS CREEK



# SENIOR

coffee

Every Friday at 10am || Phase 2



Served Hot!

ages 55 and up!



# Chick-fil-A® TO GO

## Every Wednesday

That's right, Chick-fil-A will be visiting us **EVERY WEDNESDAY from 5:30pm-6:30pm** at Phase 1. Come on down and take some great Chick-fil-A treats home with you! Choose from the catering menu below. Please note they accept cash, credit and debit cards. They are unable to accept Chick-fil-A gift cards. See you Wednesday!

### Chick-fil-A® catering



Chick-fil-A® Chicken Sandwich  
(440 Cal)  
\$3.79  
tax included



Grilled Chicken Cool Wrap\*  
(340 Cal)  
\$6.29  
tax included

+ packaged meals include  
Chips & Chocolate Chunk Cookies.



Spicy Chicken Sandwich  
(490 Cal)  
\$4.09  
tax included

### Chick-fil-A® catering



Grilled Market Salad  
(200 Cal)  
\$8.69  
tax included



Fruit Cup (small)  
(30 Cal)  
\$2.45  
tax included



Side Salad  
(80 Cal)  
\$3.55  
tax included

Chick-fil-A® Chicken Sandwich Package Meal (980-1060 Cal) .... \$6.98  
Chocolate Chunk Cookie (330 Cal) .... \$1.39  
Chips (210 Cal) .... \$1.80

DASANI® Bottled Water (0 Cal) .... \$1.85  
Iced Tea (sweetened) (90-220 Cal) .... \$1.85  
Lemonade (regular) (170-340 Cal) .... \$1.85

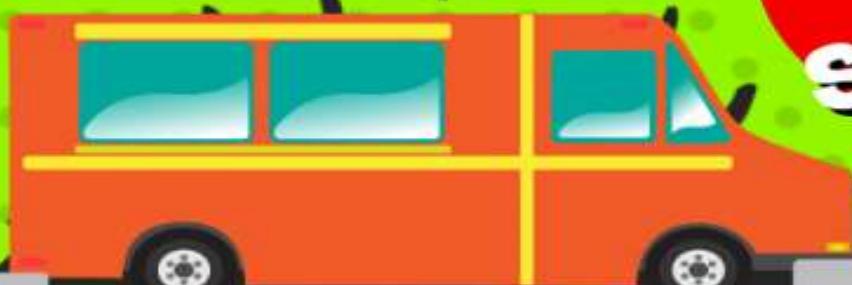


JOHNS CREEK



# Johns Creek Community

Last of  
the  
Season!



## FOOD TRUCK **FRIDAY!**

**DJ - GAMES - BOUNCE HOUSE**

**3 FOOD TRUCKS**

**ZYDECO CAJUN GRILLE**

**MEMPHIS BBQ AND BLUES**

**VAN D'S DUTCH DELIGHTS**

**08  
SEPT**

5-8 PM  
PHASE 2

**COME ON OUT AND JOIN  
YOUR NEIGHBORS FOR  
SOME GREAT LOCAL  
FOOD TRUCKS AND FUN!**



JOHNS CREEK



## Saturday, September 23rd

### 1PM at Phase 2

2nd - 6th graders are invited to attend

Cost is only \$15 / \$20 pay online  
(includes Service Fee)

## Manners for Life

Manners for Life is all about, well... manners for life!

Good social skills are needed every day throughout our lives, whether we are on the playground, in a carpool or in a boardroom. Our children today are exposed to a full, rich life that includes a rigorous academic schedule, sports, and even exotic travel on cruise ships and more and manners are a part of all of those. Once upon a time when the family dinner wasn't a goal for your evening but a guarantee, manners were discussed more frequently.

The class will cover the following items; why manners are important, kindness and respect for others, how to properly meet and greet others, handshakes, general social skills, excusing yourself, looking people in the eye, table manners to include proper cutting techniques, proper utensil usage and MORE!

*To register and pre-pay for this exciting opportunity please stop by the Phase 1 Office. Or pay online at:*

[http://vestainternetservices.com/recreationservices/products-page/johns\\_creek/](http://vestainternetservices.com/recreationservices/products-page/johns_creek/)

*For any questions don't hesitate to contact us at 904-347-7028*

*\*\*Dress code: girls should arrive in a dress, boys in a shirt and tie.*



JOHNS CREEK



**FREE HEALTH AND WELLNESS SEMINAR**  
**Phase 2 Social Hall**  
**September 27th at 6:30 pm**

**Do you Suffer from Chronic Pain?**

Learn 5 Ways to Reduce Inflammation, so you can Enjoy Life Again



*Real life solutions for your real life! Easy steps you can take today for a healthier and happier you!*

Join Kathy Riley, a Certified Health and Wellness Coach, who helps people lose weight, understand chronic conditions and create a life they love.

This seminar will help you to understand one of the most common reasons for poor health in the US, inflammation. We will uncover how most diseases are directly related to inflammation while learning how to reduce your risks. I will teach you the 5 foundations of wellness; which you can implement and create a life of renewed health and vitality.

**Some topics we'll cover during the program:**

Which diseases are related to inflammation?

Why certain foods can cause inflammation.

The most common culprits and why these foods can be problematic.

How to determine if there are foods that are affecting your inflammation.

How getting more sleep can reduce inflammation.

How to practice safe movement at any age (no gym needed).

How reducing stress in as little as 5-10 minutes each day aids in sleep.

How to have more fun, at any age.

**It's totally FREE!**

**And you'll walk away with actionable steps to take right away to reduce inflammation.**

Oh, and if you know anyone else who is frustrated with their aches and pains, PLEASE bring them with you, so they can learn these techniques too!

**Please RSVP so we can know how many to expect:**  
**[www.SignUpGenius.com/go/20F044EA9A623A6F85-free13](https://www.SignUpGenius.com/go/20F044EA9A623A6F85-free13)**



## Little Free Library is now available at Johns Creek!

Stop by Phase 1 or 2 to check out our own Free Lending Library!

Spearheaded by our own Nancy Sticht, we are happy to offer free books for all residents of Johns Creek to enjoy. Drop off or pick up some great reading for the whole family.

At Phase 1, the free library is located at the playground. At Phase 2, look for the library box in front of the handicap Parking spaces.

If you have a book, donations of family friendly books are appreciated.

If you would like to read a book, help yourself. Simply return it when you are finished.

This program is on the honor system, please treat it respectfully.





JOHNS CREEK



# Upcoming Events October



Stay tuned for more fun in October

**Corn maze trip**

**Haunted Lighthouse Trip**

**Design Class**

**Garage Sale**

**Wellness Class**

**And MORE!!**

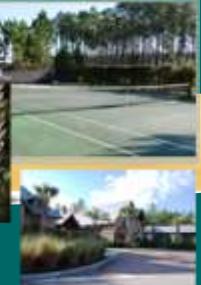
Happy Fall

*Y'all!*





JOHNS CREEK



# Looking for something new to do?



**JACKSONVILLE ARMADA  
FOOTBALL CLUB**

**2017 HOME SCHEDULE  
UNF HODGES STADIUM**

**SPRING MATCHES**

SAT 4/2 4pm	SAT 4/5 7pm	SAT 4/2 7pm	SAT 5/6 7pm	SAT 5/6 7pm	SAT 6/3 7pm	SUN 6/4 7pm

**FALL MATCHES**

SAT 9/30 6pm	SUN 9/30 7pm	SAT 9/30 7pm	SAT 9/9 7pm	SUN 9/24 4pm	SUN 10/15 4pm	WED 10/18 8:30pm	SUN 10/22 4pm

**TICKETS STARTING AT \$10**

*My city. My Armada.*

[armadaFC.com](http://armadaFC.com) 844.2.ARMADA



## Johns Creek RECIPE CORNER

### Oven Fried Chicken

*Now you don't have to go through the hassle and mess for the taste of delicious fried chicken. Try this Food Network Magazine recipe for this great (and healthier) year round favorite!*

- Cooking spray
- 1 1/3 cups crispy rice cereal
- 2 1/4 cups bagel chips or Melba toasts
- 5 teaspoons extra-virgin olive oil
- 3/4 teaspoon hot paprika
- Kosher salt and freshly ground pepper
- 1 1/2 cups plain Greek yogurt (2%)
- 1 teaspoon Dijon mustard
- 4 skinless, bone-in chicken thighs or halved bone-in breasts
- 2 bunches scallions
- chili sauce or ketchup, for the sauce

#### Directions:

Preheat the oven to 475 degrees F. Set a rack on a foil-lined baking sheet and generously coat the rack with cooking spray. Finely grind the cereal and bagel chips in a food processor and transfer to a large resealable plastic bag. Add 3 teaspoons olive oil, the paprika, 2 teaspoons salt, and pepper to taste and toss. Whisk 1/2 cup yogurt and the mustard in a shallow bowl. Add the chicken and turn to coat, then transfer to the bag; seal and shake to coat. Place the chicken on the rack and mist with cooking spray. Toss the scallions with the remaining 2 teaspoons olive oil and place alongside the chicken. Bake until the chicken is crisp and a thermometer inserted into the thickest part registers 160 degrees F, about 30 minutes. Make the dipping sauce: Mix the remaining 1 cup yogurt and harissa to taste in a bowl. Serve the chicken and scallions with the sauce.

*Recipe courtesy of Food Network Magazine*

# September Pool Hour Listing

As per the Florida Department of Health

Rule# 64E-9.008

Saint Augustine, Florida, USA | 122012 Lat:  
29.9583 Lon: -81.3383 Time zone: GMT-5

**Phase 1 Pool CLOSED  
on Mondays**

**Phase 2 Pool CLOSED  
on Tuesdays**

Johns Creek is NOT permitted for Night Swimming - No swimming after hours is permitted.  
We are not permitted for night swimming. There is NO swimming allowed outside of the posted times.

DAY	DATE	SUNRISE	POOL OPEN	SUNSET	POOL CLOSE
Friday	1-Sep-17	7:03 AM	7:33 AM	7:50 PM	7:20 PM
Saturday	2-Sep-17	7:04 AM	7:34 AM	7:48 PM	7:18 PM
Sunday	3-Sep-17	7:04 AM	7:34 AM	7:47 PM	7:17 PM
Monday	4-Sep-17	7:05 AM	7:35 AM	7:46 PM	7:16 PM
Tuesday	5-Sep-17	7:05 AM	7:35 AM	7:45 PM	7:15 PM
Wednesday	6-Sep-17	7:06 AM	7:36 AM	7:44 PM	7:14 PM
Thursday	7-Sep-17	7:06 AM	7:36 AM	7:42 PM	7:12 PM
Friday	8-Sep-17	7:07 AM	7:37 AM	7:41 PM	7:11 PM
Saturday	9-Sep-17	7:07 AM	7:37 AM	7:40 PM	7:10 PM
Sunday	10-Sep-17	7:08 AM	7:38 AM	7:39 PM	7:09 PM
Monday	11-Sep-17	7:09 AM	7:39 AM	7:37 PM	7:07 PM
Tuesday	12-Sep-17	7:09 AM	7:39 AM	7:36 PM	7:06 PM
Wednesday	13-Sep-17	7:10 AM	7:40 AM	7:36 PM	7:06 PM
Thursday	14-Sep-17	7:10 AM	7:40 AM	7:34 PM	7:04 PM
Friday	15-Sep-17	7:11 AM	7:41 AM	7:32 PM	7:02 PM
Saturday	16-Sep-17	7:11 AM	7:41 AM	7:31 PM	7:01 PM
Sunday	17-Sep-17	7:12 AM	7:42 AM	7:30 PM	7:00 PM
Monday	18-Sep-17	7:12 AM	7:42 AM	7:29 PM	6:59 PM
Tuesday	19-Sep-17	7:13 AM	7:43 AM	7:27 PM	6:57 PM
Wednesday	20-Sep-17	7:13 AM	7:43 AM	7:26 PM	6:56 PM
Thursday	21-Sep-17	7:14 AM	7:44 AM	7:25 PM	6:55 PM
Friday	22-Sep-17	7:14 AM	7:44 AM	7:24 PM	6:54 PM
Saturday	23-Sep-17	7:15 AM	7:45 AM	7:22 PM	6:52 PM
Sunday	24-Sep-17	7:16 AM	7:46 AM	7:21 PM	6:51 PM
Monday	25-Sep-17	7:16 AM	7:46 AM	7:20 PM	6:50 PM
Tuesday	26-Sep-17	7:17 AM	7:47 AM	7:19 PM	6:49 PM
Wednesday	27-Sep-17	7:17 AM	7:47 AM	7:17 PM	6:47 PM
Thursday	28-Sep-17	7:18 AM	7:48 AM	7:16 PM	6:46 PM
Friday	29-Sep-17	7:18 AM	7:48 AM	7:15 PM	6:45 PM
Saturday	30-Sep-17	7:19 AM	7:49 AM	7:14 PM	6:44 PM



# WHEN THUNDER ROARS - STAY INDOORS!

Florida is the lightning capital of the United States and it is ranked as the number one state for deaths due to lightning.

- ◊ Did you know that lightning kills more people in the U.S. than hurricanes and tornadoes combined?
- ◊ Lightning travels at the speed of light, while thunder travels at the speed of sound.
- ◊ A single bolt of lightning can discharge about 100 million bolts of electricity and can travel as far as 10 miles from a cloud. It does not need to be dark directly overhead.
  - ◊ If you can hear thunder, you are within striking distance!
- ◊ It has been known to travel through clear air and strike 10 miles from the storm like a bolt out of the blue!
- ◊ Lightning is actually 5 times hotter than the sun's surface!

**With all of this knowledge and critical information we'd like to remind you of Johns Creek's thunderstorm policy. If we hear thunder or see lightning, we will close the facility for 30 minutes. Every time thunder is heard or lightning is seen, the clock is restarted to 30 minutes. This is strictly enforced for your safety!**

**No life is worth the risk!**

Crisp, B. (n.d.). When Lightning Strikes. Retrieved June 26, 2016, from <http://pasco.ifas.ufl.edu/fcs/Lightning.shtml>



## **GENERAL FITNESS CENTER POLICIES:**

**Fitness Room hours are 4:00 am to Midnight, or as posted at the Facility.**

1. Usage of the Fitness Facility is restricted to Patrons 14 years of age and older.
2. Children under 14 years of age are prohibited from the fitness facility entirely.
3. You may have a maximum (2) guests per household at all times. All guests must be accompanied by a Patron at all times.
4. Patrons and Guests exercise at their own risk. Each individual is responsible for his or her own safety.
5. Appropriate clothing is required at all times (shirts, shorts, leotards, and/or sweat suits – no denim). For the comfort of others, shirts and bottoms must be kept on at all times.
6. Athletic footwear covering the entire foot is required to be worn at all times.
7. Loud, profane, and/or abusive language will not be tolerated.
8. Disorderly conduct and horseplay will not be tolerated.
9. Food and chewing gum is prohibited in the fitness center.
10. Beverages are permitted but must be in a covered and sealed container.
11. Glass and other breakable items are prohibited in the fitness center.
12. Smoking (including e/vapor cigarettes) and tobacco products are prohibited in the fitness center.
13. Audio devices are prohibited unless they are personal units equipped with headphones.
14. Every individual is responsible for spraying and wiping down the equipment after use.
15. Weights or equipment may not be removed from the fitness center for any reason.
16. Hand chalk is not permitted.
17. Weights and dumbbells must be placed down gently, not dropped.
18. Benches and machines may not be stepped on or climbed over.
19. Use of the cardio equipment must be limited to 30 minutes if others are waiting. Patrons are expected to share equipment.
20. Personal Training or solicitation of training for fees is prohibited unless approved by Facility Manager.
21. All emergencies, injuries, and / or broken equipment must be reported to the Facility Manager.
22. The Facility Manager reserves the rights to discontinue any such programs and / or activities due to safety concerns or other conflicts with the operation of the facility.
23. Fitness Center may be closed due to maintenance needs.

**Disregard for any fitness center rule or policy may result in expulsion from the Amenity Center and suspension of Amenity Center privileges.**



JOHNS CREEK



# IT'S BACK!

## AQUA ZUMBA®



*Every Monday morning  
8:30AM at Phase 2*

*Residents are \$5*

*Residents guests are \$7*

*Residents must be present with their guests*

*Use the resistance of the water to enhance  
your workout!*



**HEAT UP  
THE POOL PARTY.**

# **JOHNS CREEK YOGA**

Life is all about BALANCE!

**Monday 7:40-8:40PM**

**Location: Phase 2 Room**

**Residents \$5 | Resident guests \$7**

Yoga practice for all levels where the focus is on safe alignment, breath awareness, muscle lengthening and stress relief.

**Beginners and all levels are welcome.**

This class is great for all ages and skill levels. There will be modifications to suit all ability and fitness levels.

Dress comfortably & bring a yoga mat, water and a towel.

---

**Certified Yoga Instructor**

**Marcia Sarpi**

**e-mail: [marciasarpi@hotmail.com](mailto:marciasarpi@hotmail.com)**





**One on One.  
Personal Training.  
Refocus your training.**

**Individual Training**

**Buddy Training**

**Small Groups**

**Certified Personal Trainer: Lindsay Severance**

**Focusing on form, fitness, strength,  
health & safety.**

**Lindsay will tailor a fitness program  
to fit your individual needs.**

**Lindsay Severance**

**904-629-4972**

**templecarejax@yahoo.com**

