

Value of Fitness

The benefits of being fit are numerous and all encompassing. When you are fit you are happier, you sleep better, comprehend faster and are more productive. Overall health is improved by being fit; you will be less susceptible to certain ailments as well as lessening the effects of current conditions that you may be currently experiencing, such as diabetes and/or high cholesterol.

Maintaining a balanced social, professional and family life is reflective of a healthy lifestyle. Engaging in fitness activities whether indoor or outdoor, with friends or family you will develop a healthier mind and body which will enable you to derive balance within your life.

The goal of the Fitness Department is to provide a variety of quality services with highly qualified professionals to aid in the development/maintenance of a healthy lifestyle.

◀ ◀ ◀ Fitness Center Information & Policies ▶ ▶ ▶

Hours of Operation:

M-TH 5:30 a.m.-9:45 p.m. Fri. 5:30 a.m.- 8:45 p.m. Sat. 7 a.m.-4:45 p.m. Sun. 12-4:45 p.m.

General Information:

- ▶ Staff consist of general fitness attendants, full-time and part-time personal trainers
- ▶ There will be at least 1 fitness staff at all times, 2-3 during busy hours
- ▶ Nutrition counseling will be offered by a Registered Dietician
- ▶ Personal training is offered, fill out an application at the Fitness Information Desk

- ▶ Cell phone conversations are prohibited in the fitness area, texting is prohibited on treadmills and ellipticals
- ▶ 10-13 yr. olds may use cardio with direct parental supervision; on equipment next to or directly behind
- ▶ 14-17 yr. olds must complete Intro to Strength Training Program prior to using strength equipment; selectorized and free weights.
- ▶ 13 yr. and under must have parental supervision to use track

Cardio Equipment:

- ▶ There is a 30 minute limit on cardio, will be strictly enforced during busy times
- ▶ 10 treadmills, 10 ellipticals, 6 recumbent bikes, 2 upright bikes, 4 Espresso bikes, 2 concept, 2 ergometers, 2 stair-steppers, 1 arm bike, 1 summit trainer

Strength Equipment:

- ▶ Full line of LifeFitness selectorized strength equipment
- ▶ Hammer Strength MTS selectorized strength equipment; arm curl, tricep extension incline and decline press
- ▶ Hammer Strength half squat rack and bench; LifeFitness smith machine, 2 individual cable stations, 4 stack cable station, 2 olympic flat benches, 3 multi-adjustable benches, 1 utility bench, dumbbells from 5-52.5 lb by 2.5 lb increments, 55-80 lb by 5 lb increments, fixed barbell set to 60 lb, captains chair, and an ab bench

Track:

- ▶ Low impact surface
- ▶ 3 Lanes
- ▶ 1/8th mile

Stretching area:

- ▶ Stretching area is located next to the track off of the free weight area
- ▶ Contains stability balls, bosu balls, wobble and slant boards, medicine balls, bands and tubes.

Group Exercise Information

REGISTRATION FOR FREE CLASSES:

- ▶ Members have the ability to register for any number of days a week for a class. For instance a member can register for all Mondays out of a MWF class.
- ▶ Registration for classes is available 2 weeks prior to the start of classes; once session starts members cannot register for current session, unless they pay for the entire session; no prorating.
- ▶ Members are permitted to register for 4 weeks at a time. Members are permitted to register for the second 4 weeks during the first 4 week session. Members must register for a least 4 weeks.
- ▶ Members do not register for free classes. They will be filled on a first-come, first-serve basis at the time of the class.
- ▶ Non-members must register for classes but since they are paying, their slots are guaranteed for the class.
- ▶ Members must be at least 16 yrs. of age to participate in classes unless otherwise specified

SIGNING-IN FOR CLASSES:

- ▶ Sign in at Control Desk for paid classes
- ▶ Sign in at Control Desk until instructor arrival, continue sign-in at class location upon instructor arrival for free classes; sign-in will be available a half-hour before scheduled start time. Participants may only sign-in for themselves.

DROP-IN FOR ALL CLASSES (FREE AND PAID):

- ▶ Drop-Ins must sign up the day of the class if there are available slots
- ▶ Drop-In fees for paid classes:
 - Members: \$10 (Cycling \$6)
 - Resident Non-Members: \$12 (Cycling \$8)
 - Surrounding Community Non-Members: \$14 (Cycling \$10)
- ▶ Drop-In fees for free classes:
 - Members: free
 - Resident Non-Members: \$12
 - Surrounding Community Non-Members: \$14
- ▶ Upon paying for Drop-In, participants must present their receipt to the instructor.

