



# Fitness Programming Schedule

SCHEDULE AND SESSION DATES ON OPPOSITE PAGE

Effective: August 25, 2008



- **Introductory Personal Training Session**—Schedule a free appointment with one of our personal trainers. A 1/2 hour of your time starts you on the right path to reaching your fitness goals. After a brief assessment and needs analysis, we'll take you through an introductory personal training session that will familiarize you with the equipment and exercises.
- **Equipment Orientation**—Sign-up at the Fitness Desk and join a group to learn the basics of the Cybex, Nautilus and Cardio Equipment
- **Weight Training 101**— Meet with an instructor in a small group to get started with a free general workout to follow for 6-8 weeks.
- **Abs & Stretch** - A fitness instructor will lead you through an abdominal workout and flexibility exercises (approx. 15 min.) It's a great way to end your exercise session. There's no need to sign-up. Just meet at the mats in the fitness area.
- **Express Workout**—These are group exercise classes held in the fitness area with an instructor leading you through an exhilarating workout. Express Workout classes consist of series or 'a circuit of strength and cardio exercises'. Sign-up at the fitness desk or call 764-2790. Class size is limited. The class is free for Gold-members and \$18 for fitness members; classes M,W,F
- **Body Composition Testing**— A personal trainer will conduct a skin fold test to determine your estimated percentage of body fat and lean body mass. The cost is \$8 for members and \$16 for mom-members.
- **Fitness Assessment**—This is a complete assessment of your body composition, aerobic capacity, muscular strength, muscular endurance and flexibility. It's an excellent way to evaluate your current level of fitness, set goals, and monitor your progress. The cost is \$50 for members and \$70 for non-members.
- **Junior Weight Training Hour**— During this time, we'll allow junior members (11-14 years old to use the fitness area (upstairs gym ONLY) without a parent or legal guardian present. We will have a staff member assigned to supervise the area. These junior members must have completed Weight training 101 or a program approved by the fitness manager. For more information contact Chris Langei at 746-2790. Note: See Policy Below.
- **Pilates**— Pilates training is offered on a one-on-one or group Personal training basis. We now offer Reformer-based Pilates sessions. See a Personal Trainer for details.
- **Group Personal Training Programs**— A variety of Group Personal Training Programs are available for all levels of experience. W.O.W (Women on Weights), Kick Start, In Gear and Full Throttle. See separate flyers or visit with a fitness professional for more information on class times and fees.
- **Power Pacing**— Our group-cycling classes. During these instructor led classes we create a fun atmosphere to energize you. Class size is limited, sign-up with the fitness staff today. Please see separate flyer for class times or more information.
- **Running Club**— This is a great way to meet other runners who would enjoy having you join the group . We provide maps of various routes for this annual summer program. Track your miles in the "Running Club Log book" and we'll recognize your efforts. Running Club runs from March 16th—Oct 4th, 2009.
- **Sports Specific Training and the Acceleration Center**— Off-season strength and conditioning programs are available at Center Court Fitness Club 746-279. Pre-season sports training programs are available at the Acceleration Center for more information regarding this particular program call 746-2768.
- **Junior Fitness Programs**—Classes and programs specifically for our junior members ages 8-18. See separate flyer for details.

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## Junior Weight Training Policy (less than 18 years old)

In order to participate in the fitness area, ALL Juniors must be members and must have a signed parental consent form on file.

Junior members may not visit on guest passes unless arrangements have been made with the Fitness Manager and the appropriate paperwork is on file.

**Juniors 10 and under:** Must meet with fitness staff to make arrangements as to what constitutes appropriate exercise. Juniors 10 and under must be accompanied by a parent or legal guardian at all times in the fitness area.

**Juniors 11 to 14 years old:** Must be on a program (i.e. personal training, TNT, Weight Training 101) and must be accompanied by a parent or legal guardian at all times with the exception of Junior Weight Training Hour (M-F 4:00 to 5:30 PM)

**Juniors 15 to 18 years old:** Must go through orientations and/or need to be on a program designed by the staff.

Note: This policy is for the upstairs fitness area only. For safety reason, infants are NOT allowed in the fitness area.

## Fitness Area & Weight Room Etiquette

- Dress appropriately for exercise. Shirts and shoes required. NO SANDALS.
- Coats, bags, and other personal items should be kept in the locker room or designated areas. Cell phone use is prohibited in the locker rooms.
- No food or beverages except water or sports drinks in a covered container. ABSOLUTELY no chewing gum or chewing tobacco.
- Don't sit on equipment when recovering between sets. Let others work in.
- NO PROFANITY
- Please clean equipment when finished
- Use collars on bars and have a spotter available when using free weights.
- Do not abuse equipment. Return weights to weight stack when finished and please report any damages to staff.



# Fitness Flyer



Effective: August 25, 2008

	SUN	MON	TUES	WED	THURS	FRI	SAT
5:45-6:30AM							
6:35-6:50AM		Abs & Stretch		Abs & Stretch			
8:00-8:30AM			Weight Train. 101 (Appoint. Necessary)				
8:30-9:00AM	Equip. Orientation (Appoint. Necessary)						Equip. Orientation (Appoint. Necessary)
9:00-9:45AM							
9:45-10:15AM		Equip. Orientation (Appoint. Necessary)	Equip. Orientation (Appoint. Necessary)	Equip. Orientation (Appoint. Necessary)	Weight Train. 101 (Appoint. Necessary)		
10:45-11:00AM							Abs & Stretch
12:15-12:45PM	Equip. Orientation (Appoint. Necessary)	Express Workout		Express Workout		Express Workout	Equip. Orientation (Appoint. Necessary)
12:45-1:00PM		Abs & Stretch		Abs & Stretch		Abs & Stretch	
4:00-5:30PM		Junior Weight Training Hour	Junior Weight Training Hour	Junior Weight Training Hour	Junior Weight Training Hour	Junior Weight Training Hour	
5:30-6:00PM		Weight Train. 101 (Appoint. Necessary)					
6:00-6:45PM				Equip. Orientation (Appoint. Necessary)		....	
7:00-7:30PM							
7:30-7:45PM		Abs & Stretch		Abs & Stretch			
7:45-8:15PM		Equip. Orientation (Appoint. Necessary)					
8:15-8:45PM				Weight Train. 101 (Appoint. Necessary)			
8:35-8:50PM					Abs & Stretch		

Upcoming Session Dates: \*Sept. 8—Oct. 17, 2008 \*Oct. 27—Dec. 5, 2008

*Moving* toward a healthier Grand Forks