

Fitness Center Staffed Hours

Date: 11/1/2009 Schedule is subject to change, call to verify.

Time	Mon	Tu	Wed	Thu	Fri
9-10 AM	Louis		Louis		
9:30-10:30AM		CJ		CJ	
10-11 AM					Liz
5:00-6:00PM			CJ		
5:30-6:30PM	Jack			Victor	
6-7 PM		Tina			
6:30 -7:30PM					

All Members using the Fitness Center are required to have an Orientation to ensure Proper use of equipment and personal safety. Trainers and Volunteers are available for Orientations during the days and times listed above.

No children under the age of 12 are allowed in the Fitness Center.

Youth, ages 12-13 require parental supervision, and are required to be present at the Fitness Center Orientation with the parent that will be supervising them.

Ages 14-15 may sign up for a Personal Training session to become Jr. Fit Certified.

Certification will allow full use of the Fitness Center unsupervised. Certification may require more than one training session. Jr. fit certification is for members only. Fee: \$30 per one hour session

All members 16 years and up are required to have a Fitness Center Orientation.