

## Fitness Center

Learn how to use our fully equipped fitness center to your best advantage. CRC offers all members a free one-on-one wellness coaching session.

Our trained wellness coaches will:

- Suggest an appropriate workout routine for you
- Set an initial cardio and strength training program for you
- Assist in equipment usage and adjustments
- Demonstrate proper form
- Answer all of your questions

Make your appointment today at the Welcome Center or Fitness Desk! Available to facility members only.

These guidelines have been established by the YMCA Health and Wellness Department to ensure an enjoyable, professionally managed fitness program. We appreciate your cooperation.

- Please have appropriate attire and close toed shoes in Fitness Room.
- Please be courteous and use lockers or cubbies for gym bags and equipment so that Fitness Area is clear of any hazards
- Please place cell phones on vibrate or silent. If you must answer your phone, please be kind and respectable of members and guests in the area and answer in the hallway or nearby vicinity. Cell phone frequency also engages with Polar Heart Rate monitors and may provide inaccurate readings with cardiovascular machines.
- Please be courteous and re-rack weights on assigned weight trees
- Please do not slam the weights on the machines

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### **Youth in the Fitness Center**

Youth members ages 8 and older are invited to use the fitness center with the following guidelines:

- Youth members 8-9 years old must be accompanied by a parent/guardian at all times (preferably exercising as well) while in the fitness center. Youth must also go through YST.
- Youth members 10-11 years old must have a parent/guardian present somewhere in the facility. Youth must also go through YST.
- Youth members who are 12 or older can use the fitness center unsupervised. We do highly recommend youth going through YST.

Youth 8-11 years old will have access to select cardio and resistance machines upon completion of our Youth Strength Training Program (YST).

### **Television and Music Policy**

We currently have 6 televisions in the Fitness Room. Each television is dedicated to either sports, news, family friendly or local channels.

Our news channel is the most popular in the Fitness Area. In order to provide a variety of different options we have established a 2-hour block for each station that is rotated throughout the day. However, upon request, members may ask for channels to be changed, only when other members are not engaged and it is permitted to do so with out ill respect to others in the Fitness Area. We are encouraged to maintain respect and courteous towards all members to ensure customer service is equally provided.

The music in the Fitness Room is a compilation of music acquired and shared among the members for their enjoyment. Music is kept at a volume that is sustainable and not overwhelming. Music volume and control is set so that it does not overwhelm the ability to hear headphones connected to the Cardio Theatre equipment.

### **Equipment Rules**

Spray bottles with disinfectant and paper towels are available to wipe down the machines after you have finished working out.

### **Equipment Time Limits**

There is a 30-minute usage maximum with a 2-min cool-down period (when members and guests are waiting) on the cardiovascular machines.



Fitlinxx is an interactive fitness network designed to make sure you get a personalized workout each and every time you exercise. The system is designed to give you instant feedback while you exercise on the fitness equipment and for your fitness coach to monitor your progress and help you reach your fitness goals. Fitlinxx promotes safety, effectiveness and ease of use. If you are a CRC member you can utilize Fitlinxx to track your workouts even if you don't normally use the Fitness Center by setting up an online account at [www.fitlinxx.com](http://www.fitlinxx.com). Ask a Fitness Coach or the Welcome Center for more information.

### **Using FitLinxx lets you:**

- Exercise to a customized program geared to your goals, needs and constraints.
- Receive personalized support from your fitness instructor.
- Get immediate feedback on your precise exercise movements.
- Track your workout progress.
- Enhance your overall lifestyle at [www.fitlinxx.com](http://www.fitlinxx.com), where you can log workouts, find articles on health and fitness, wellness and nutrition, and view member success stories.