Things to remember:

It is recommended that you see the Fitness Center Staff before starting an exercise program.

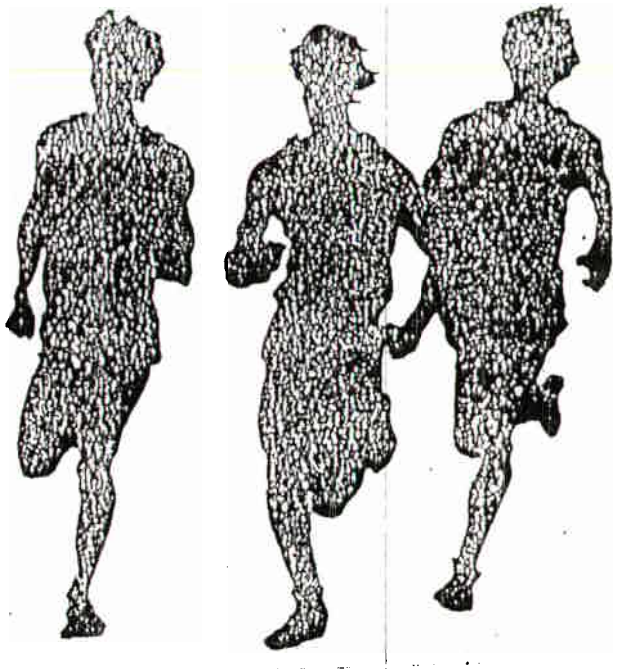
- Please adhere to all safety recommendations posted.

- Please Sign-in upon entering the Fitness Center.

☺ Have FUN ☺

Federal Center South

Fitness Center



GYMN 24 HOUR ACCESS

TRAINERS M/W 10:30-5:00, TU/THU 11-5:30; F 11-3

764-6773

*Wellness Programs * Indoor Gym Leagues*
*Aerobic Classes * Strength Training*
*Cardiovascular Exercise * Flexibility Training*

How to become a Member.....

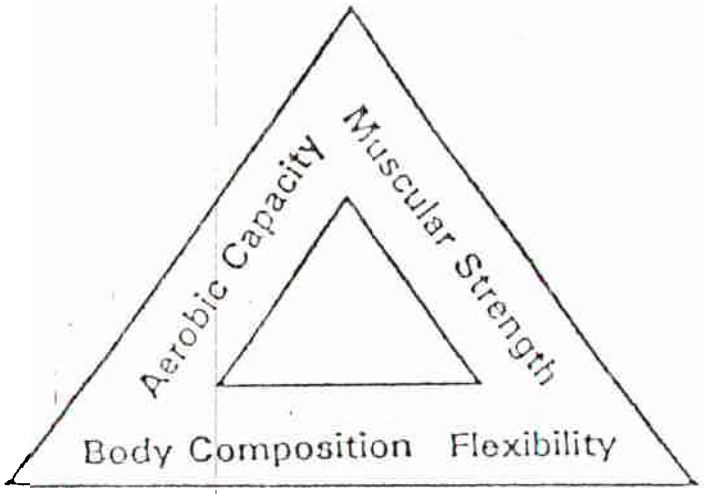
- fill out a Health History Questionnaire

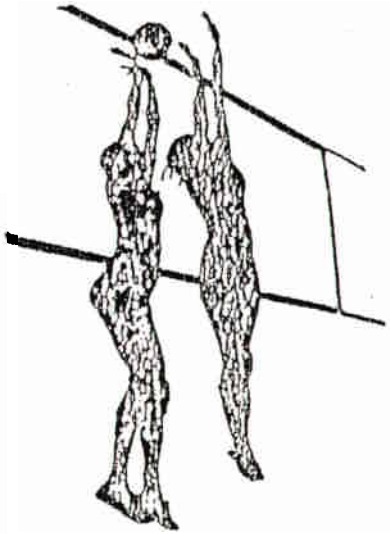
You may choose between:

✓ A brief consultation

OR

✓ A full Fitness Evaluation





Staff available: Monday-Thursday, 11am-3pm

- All staff is certified by the American College of Sports Medicine
- Aerobic Instructors certified by the American Council on Exercise

There is no fee to become a member.

CARDIOVASCULAR EQUIPMENT

Stairmaster	Lifecycle
NordicTrack	Rowing Machine

WEIGHTS

Multi-Purpose Gym	Dumbbells
Olympic Bar	Pull-up Bar
Benches	Dip Bar

AEROBICS

Low Impact	Combination Class
Step Class	Circuit Training
Hi/Lo	Abdominal Classes

GYM ACTIVITIES

Volleyball Games	Pickleball League
Basketball	Table Tennis
Racquetball Court	Handball

WELLNESS

Foot Screening * Stress Workshop
Smoking Cessation * Bike Safety
Blood Pressure Checks * Nutrition
Health and Fitness Fairs * And Much More!!

See the Quarterly Newsletter for current events