

COOLFIT

THE COOLEST
VIDEO GAME-INSPIRED WORKOUTS.
ONLY AT THE MANDELL JCC.*

What is it?

CoolFit is the newest supervised workout space with interactive exer-gaming equipment along with a kid-sized strength circuit.

With X-boards (professional grade snow/skate board simulators) attached to PlayStations, Dance Dance Revolution and much more- it's the coolest way to get fit.

Who is it for?

All kids ages 8-18 that want to have fun while getting fit.
(And parents who want to join the family fun, too!)

When can I start?

The fun starts Sunday, January 6th.

Hours are posted at www.mandelljcc.org and at the Fitness Desk. For the best workout, please be sure to sign up for your fitness orientation at the fitness desk beginning January 2nd.

Where do I go?

*The Mandell JCC has the only local dedicated exer-gaming program.

CoolFit is located in the room next door to the Playscape.

Why is CoolFit for me?

It combines the benefits of physical activity (increases heart rate, increases strength) with the motor skills and hand-eye coordination required for video games.

COOLFIT SCHEDULE

JANUARY 6th – 31st*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00-6:00 p.m. Ages 8-13	4:00-6:00 p.m. Ages 8-13	3:00-5:30 p.m. Ages 8-13	4:00-6:00 p.m. Ages 8-13	4:00-5:30 p.m. Ages 8-13	12:00-3:00 p.m. Ages 8-13	12:00-3:00 p.m. Ages 8-13
6:00-7:30 p.m. Ages 8-18	6:00-7:30 p.m. Ages 8-18	5:30-6:30 p.m. Ages 8-18	6:00-7:30 p.m. Ages 8-18	5:30-7:15 p.m. Ages 8-18	3:00-4:00 p.m. Ages 8-18	3:00-4:00 p.m. Ages 8-18
					4:00-4:45 p.m. Family Fitness Minimum Age 8 Parents welcome	4:00-4:45 p.m. Family Fitness Minimum Age 8 Parents welcome

- ❖ **COOLFIT** is a supervised workout space, with interactive cardio equipment along with a kid sized strength circuit specially designed for ages 8-18. Cardio pieces includes:
 - Upright Bikes connected to Playstation 2's
 - Recumbent Bikes connected to Playstation 2's
 - X-Boards-snowboarding/skateboarding simulator attached to Playstation 2's
 - DDR
- ❖ To ensure a safe & fun workout, please be sure to check in with the floor supervisor on your first visit, so we can set you up on a program.
- ❖ Please sign the check-in sheet upon entering this workout space and sign- out when leaving.
- ❖ When members are waiting to use one of the cardio game pieces, participants will complete one full game and then rotate use to the next person in line
- ❖ Please be sure to wipe down your equipment when you are done
- ❖ No cell phones allowed
- ❖ *The **COOLFIT** schedule will be re-adjusted in February as needed, based on usership during our opening month