

COOLFIT SCHEDULE

May 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00-5 p.m. Ages 8-13	4:00-5 p.m. Ages 8-13	3:00-5 p.m. Ages 8-13	4:00-5 p.m. Ages 8-13	4:00-5 p.m. Ages 8-13	11:00-3:00 p.m. Ages 8-13	11:00-3:00 p.m. Ages 8-13
5-7 p.m. Ages 8-18	5-7 p.m. Ages 8-18	5-7 p.m. Ages 8-18	5-7 p.m. Ages 8-18	5-7 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 monthly as needed, based on usership.