

Fitness Center Orientations

- Have one of our experienced staff members show you how to use the machines properly in order to prevent injury.
- The times listed are times when a fitness center attendant may be there to give you a free 30-45 minute orientation:

Mondays: 2:00 PM

Tuesdays: 2:00 PM

Wednesdays: 2:00 PM

Thursdays: 2:00 PM

Fridays: 2:00 PM

Saturdays: By appointment

May schedule by appointment if necessary!

**Please note that the orientation times may change due to staff scheduling.
Double-check for correct times at the front desk before coming.*



Gym Etiquette



- **Please wear appropriate and suitable workout clothing for your safety:**
 - If you are coming from the pool please wear a cover up or a towel.
 - Wear close- toed shoes.
- **Please be considerate of others with the amount of time you spend on each machine during our busy hours.**
 - Please limit your time on the cardio machines to 30 minutes.
 - Please don't sit and rest on the machines.
- **Be cautious when first using the machine, the weight could be high.**
- **Be sure to wipe down the machine after each use.**
- **Track etiquette:**
 - Make sure to note the walking direction as it changes twice a week.
 - Slower walkers walk on the outside lane.
 - If you need to pass, pass on the inside lane ONLY.
 - Refrain from walking three abreast.

How many laps= 1 mile?

Indoor Track: Inside lane= 14 laps, Outside lane= 13 laps

Perimeter Sidewalk: 2.1 laps

Garden Walking Trail: 7 laps

Activity Pool: 35 laps (70 lengths)