

Welcome to the Maurice “Fitz” & Margaret Fitzgerald Memorial Fitness Center

Fitness Center Orientation Guide:

We hope you enjoy your time here.

Please remember: **YOU MUST BRING A CHANGE OF SHOES/SNEAKERS/ (a Different pair than the shoes/sneakers you wore to get to the COA). TO USE THE EQUIPMENT IN THE FITNESS CENTER:**

SAND & DIRT WILL BREAK DOWN THE EQUIPMENT

No Food or drink allowed in Fitness Center: Water is allowed.

Elliptical Settings _____ other _____

Recumbent Bike Settings _____ other: _____

Aerometer Bike settings _____ other: _____

Treadmills (**always wear safety line**) settings _____ other: _____

Recumbent Elliptical settings: Seat _____ Legs: _____ other: _____

Weights _____

Medicine Balls _____

Always spray down equipment after use:

We use Simple Green Disinfectant & Water

Paper towels to wipe down.

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Fitness Center Orientation Guide:

- ❖ Always begin with the lowest settings and work your way up
- ❖ Always start with the lightest weights and work your way up.
- ❖ Please feel free to use the rolodex to write down your settings for the Fitness Center.
- ❖ Please be considerate of others; there is a 20 to 30-time limit on all machines.
- ❖ If you have any problems, complaints or suggestions with the Fitness Center, please let a staff member know immediately.
- ❖ No Food in the Fitness Center

Thank you, The COA staff