



## CARDIO & STRENGTH EQUIPMENT ORIENTATION

Adult Equipment Orientation		
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
7:30am-8:30am	9:00am-10:00am	7:00am-8:00am
11:30am-12:30pm	6:00pm-7:00pm	1:00pm-2:00pm
5:00pm-6:00pm		
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
11:00am-12:00pm	9:00am-10:00am	8:30am-9:30am
4:30pm-5:30pm		

\*If none of the scheduled times work for you, please contact Tanna at [tsbonanno@mytrailpoint.com](mailto:tsbonanno@mytrailpoint.com) to schedule an individual equipment orientation.

FITPASS - Youth Equipment Orientation (age 9-12)		
<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>
1:00pm-2:00pm	4:00pm-5:00pm	3:00pm-4:00pm
6:00pm-7:00pm		6:00pm-7:00pm
<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
5:00pm-6:00pm	10:30am-11:30am	10:00am-11:00am

FITPASS - upon completing the equipment orientation children 9-12 are allowed to use select cardio and strength equipment. For the safety of the members the minimum age to use the free weight room is age 13.

FitPass ID must be worn while in Fitness Center (upstairs).

**No pre-registration necessary.**

**Please meet at Fitness Desk (upstairs).**