

## CARDIO & STRENGTH EQUIPMENT ORIENTATION

### Adult Equipment Orientation

Monday	Tuesday	Wednesday
5:30a-6:30a	6:00p-7:00p	5:45a-6:45a
9:30a-10:30a		9:45a-10:45a
6:30p-7:30p		
Thursday	Friday	Saturday
4:30p-5:30p	10:00a-11:00a	8:00a-9:00a

\*If non of the above times work for you, please contact Tanna at [tsbonanno@mytrailpoint.com](mailto:tsbonanno@mytrailpoint.com) to schedule individual Equipment Orientation

### FITPASS - Youth Equipment Orientation (age 9-12)

Tuesday	Friday	Saturday
4:00p-5:00p	5:00p-6:00p	10:30a-11:30a
		Sunday
		10:00a-11:00a

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 13.

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

**No pre-registration necessary.**

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