

CARDIO & STRENGTH EQUIPMENT ORIENTATION

Adult Equipment Orientation

Monday	Tuesday	Wednesday
5:30a-6:30a	11:00a-12:00p	5:45a-6:45a
9:30a-10:30a	6:00p-7:00p	9:45a-10:45a
6:30p-7:30p		7:30p-8:30p
Thursday	Friday	Saturday
8:00a-9:00a	6:00a-7:00a	7:30a-8:30a
4:30p-5:30p	10:30a-11:30a	10:00a-11:00a

*If none of the above times work for you, please contact Tanna at tsbonanno@mytrailpoint.com to schedule individual Equipment Orientation.

FITPASS - Youth Equipment Orientation (age 9-14)

Tuesday	Friday	Saturday
4:00p-5:00p	6:00p-7:00p	11:15a-12:15a
		Sunday
		10:30a-11:30a

FITPASS - upon completing the equipment orientation children 9-14 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 15.

No pre-registration necessary.
Please meet at Fitness Desk (upstairs).