



WELLNESS CENTER

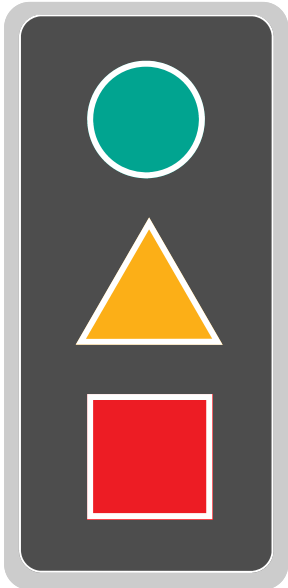
PLAN YOUR WORKOUT

The reference chart below is provided so you can maximize your visits to the Y and continue to get the best out of each workout, creating a healthy balance for your life. Wellness Coaches are available to answer questions regarding fitness, equipment and programs to help you meet your health and wellness goals.

BEST - these times are great for people who want to really enjoy exercise at their own pace. There is little or no wait on equipment, providing a great flow for your workout. Great time to experience all the Y has to offer, talk to trainers, learn new exercises and be creative with your workouts.

STEADY - these times have a moderate flow of traffic. Equipment is accessibility but some pieces may have a short wait...but this should not slow your progress. It is a great time to add an aerobic class, meet instructors and trainers and fellow members.

VERY ACTIVE - these times indicate a popular choice of our members for working out. There may be a wait for equipment but it also is a great time to meet others, use the walking track as a warm up if needed, and try an alternative piece of equipment. Talk with our Wellness Coaches and let us know how we can help you use your time productively to enhance your workout.



MON TUE WED THU FRI SAT SUN

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM-6 AM	▲	▲	▲	▲	●	●	
6 AM-7 AM	▲	▲	●	●	●	●	
7 AM-8 AM	●	●	●	●	●	●	
8 AM-9 AM	▲	▲	▲	●	●	▲	
9 AM-10 AM	▲	▲	▲	▲	▲	▲	
10 AM-11 AM	▲	▲	▲	▲	▲	▲	
11 AM-12 PM	▲	▲	●	●	●	▲	
12 PM-1 PM	●	●	●	●	●	●	
1 PM-2 PM	●	●	●	●	●	●	▲
2 PM-3 PM	●	●	●	●	●	●	▲
3 PM-4 PM	■	■	■	■	■	●	▲
4 PM-5 PM	■	■	■	■	■	●	●
5 PM-6 PM	■	■	■	■	■	●	●
6 PM-7 PM	■	■	■	▲	▲		
7 PM-8 PM	▲	▲	●	▲	●		
8 PM-9 PM	●	●	●	●	●		
9 PM-10 PM	●	●	●	●	●		