

Exercise Room Schedule

January, 2010

<u>Saturday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sunday</u>
6:00am-10:00pm Open	6:00-10:30 Open	6:00-8:30 Open	6:00am-10:00pm Open 1:00-1:45 Fitness Center Staff will be available in the exercise room.	6:00-8:30 Open	6:00-10:30 Open	6:00am-10:00pm Open
	10:30-11:00 Advanced Balance	8:30-9:15 Morning Stretch		8:30-9:15 Morning Stretch	10:30-11:00 Advanced Balance	
	11:00-1:30 Open	9:15-10:15 Open		9:15-10:15 Open	11:00-1:30 Open	
	1:30-2:15 Fitness and Strength	10:15-10:45 Dance Aerobics		10:15-10:45 Dance Aerobics	1:30-2:15 Fitness and Strength	
	2:15-2:45 Open	10:45-1:30 Open		10:45-1:30 Open	2:15-2:45 Open	
	2:45-3:45 Yoga	1:30-2:30 Tai Chi		1:30-2:30 Tai Chi	2:45-3:45 Yoga	
	3:45-10:00pm Open	2:30-10:00pm Open		2:30-10:00pm Open	3:45-10:00pm Open	

Exercise Room Guidelines

The Exercise Room is open for use by all Kendal Residents and Staff. Family and guests are also welcome.

1. You must be age **15 or older** to use the equipment in the Exercise Room.
2. Please **sign-in** prior to use. Indicate which machines/equipment you have used when finished.
3. **Return all equipment** to starting status and place after use, (e.g. weights, air resistance, mats, etc...).
4. **Spray disinfectant on a paper towel** and wipe down any equipment you have used.
5. **Appropriate clothes and athletic shoes** are recommended. Open-toed shoes and bare feet are unsafe when using equipment. Wearing pants with rivets or buckles can damage equipment seats.
6. **Share** the strength and cardio equipment when others are waiting (20 minute limit).
7. **Water** is the only beverage allowed. No food or chewing gum.
8. Please **be courteous** to others and **limit the volume** on the radio and television.

Please **Do Not Interrupt Classes** while they are in session.