

QUICK FIT STUDIO POLICIES



An orientation to the Quick Fit room is recommended before use. Sign-up at the Service Center for a FREE appointment.



Participants must be 14 years or older to use the Quick Fit room during unsupervised hours.



Graduates of the YMCA Youth Fitness Training Class may use the Quick Fit Studio during supervised times or with parent supervision. Certified Youth t-shirts must be worn.



Youth participants ages 9 to 13 may use the Quick Fit Studio only after an orientation has been attended and with constant parent supervision .



Participants must move to the next station when directed by the Quick Fit stop light.



Music may be changed by using the remote or ask for assistance. Please consider other participants interests and volume levels.

Benefits of a Quick Fit Workout:

- 1) Total body workout in only (approx.) 30 minutes.
- 2) Burns more calories in 30 minutes than most workouts because of the use of your large muscle groups working simultaneously.
- 3) Workouts can be adjusted to fit the needs of the user; light resistance for beginners and more of a cardio workout <or> heavier resistance for more advanced exercisers, strength workout.
- 4) Minimal Muscle Soreness! The eccentric (lengthening) contraction of muscles result in muscle soreness. On the Quick Fit equipment , there is no eccentric contraction, instead the opposing muscle group contracts.

