

# FITLIFE CENTER SCHEDULE

## effective October 8, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open First Step Fitness 5 am – 9:20 pm	Open First Step Fitness 5 am – 1:30 pm	Open First Step Fitness 5 am – 9:20 pm	Open First Step Fitness 5 am – 1:30 pm	Open First Step Fitness 5 am – 8:50 pm	Open First Step Fitness 8 – 10 am	Open First Step Fitness 8 am – 4:50 pm
	Program 1:30-2:15 pm Room closed		Program 1:30-2:15 pm Room Closed		Program 10 – 11 am Room Closed	
	Program 3 – 3:45 pm Room Closed		Program 3 – 3:45 pm Room Closed		Open First Step Fitness 11 am – until closing	
	Program 5:30 – 6:30 pm Room Closed		Program 5:30 – 6:30 pm Room Closed			
	Open First Step Fitness 6:30 – 9:20 pm		Open First Step Fitness 6:30 – 9:20 pm			

### FITLIFE CENTER IS STAFFED:

**Monday / Wednesday / Friday  
8 am – 8 pm**

**Tuesday / Thursday  
9 am – 1:30 pm & 4 – 8 pm**

Staff availability to change without notice.

**The FitLife Center is home to several programs including our First Step Fitness, the Diabetes Care Program and LIVESTRONG.** The FLC is not open to general YMCA membership and may be closed to non-participants during specific days/times. You must be a participant in one of these programs to access the FLC. The schedule has plenty of Open FSF hours for those whose goal is to enhance general wellness through regular attendance and steady progression. First Step Fitness and the Diabetes Care Program are included with your Y membership. **Call Jayne at 773-3646 x448 for more info.**

#### **First Step Fitness Program (FSF)**

FSF is the 12-week beginner wellness program designed to help people develop a regular exercise habit. Trainers help participants set realistic, safe goals to make sure that they are not doing “too much too soon”. The emphasis is on attendance.

**DIABETES CARE PROGRAM (DCP)** - A comprehensive diet, exercise and education program for people who are those diagnosed with Type II Diabetes.

Free to Members;

Program Associates, Non-Members the fee is \$99/8 weeks.



**LIVESTRONG** can help survivors’ overall quality of life and decrease their cancer-related fatigue. In the fight against cancer, we believe unity is strength, knowledge is power and attitude is everything. Call Jayne at 773.3646 x448 for more info. No Cost to Participants.

### HOURS OF OPERATION

<b>Monday - Thursday</b>	5 am - 9:30 pm
<b>Friday</b>	5 am - 9 pm
<b>Saturday</b>	7 am - 6 pm
<b>Sunday</b>	8 am - 6 pm

The YMCA will be CLOSED Thanksgiving Day, Christmas Day, Easter, Memorial Day, and Independence Day

