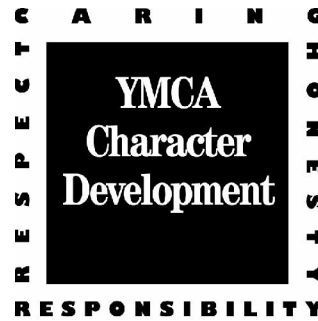


What is Quick Fit?

Quick Fit is a fun, non-intimidating 30-minute circuit workout. Users will alternate between strength and cardio stations, spending approximately 30-seconds at each station.

The equipment in the Quick Fit Studio are hydraulic machines that do not require any adjustments. The hydraulic resistance automatically adjusts to the level of effort from the user. This eliminates the need for weight stacks and pins!

The Quick Fit Studio is safe for anyone at any fitness level. It's perfect for beginner exercisers, seniors and youth. Sign up for your free orientation at the Service Center desk today!



Mission of the YMCA:
To put Christian principals into practice through programs that build healthy spirit mind and body for all.



Cooper Branch YMCA
6767 South 14th Street

Phone: 402-323-6400
Fax: 402-323-6401
www.ymcalincoln.org



We Build Strong Kids, Strong Families, Strong Communities

Cooper Branch
YMCA
Quick Fit Studio



Cooper Branch YMCA
6767 South 14th Street
Lincoln, NE 68512
402-323-6400
www.ymcalincoln.org

Quick Fit Participation Guidelines::

- An orientation to the Quick fit room is recommended before use. Sign-up at the Service Center for your FREE appointment.
- Participants must be 14 years or older to use the Quick Fit room unsupervised.
- Graduates of the YMCA Youth Fitness Class may use the Quick Fit room at any time. Certified Youth t-shirts must be worn.
- Youth participants ages 9 to 13 may use the Quick Fit room with a parent.
- Participants must move to the next station when directed by the Quick Fit stoplight.
- Water is allowed and recommended in the Quick Fit Studio. Please avoid bringing snacks and other drinks to the workout areas.
- Proper workout attire is required;



workout pants or shorts, t-shirts, tennis shoes. Short shorts, sports bras, jeans, open-toed shoes and sandals will not be allowed.

- Participants may bring their own CDs to listen to while using the Quick Fit Studio. Please be respectful of others by:
 - a. Making sure that your music is free of profanity and lewd content.
 - b. Ask others in the room before changing the music.
 - c. Place all CDs provided in the Quick Fit Studio back in their cases to keep them in working order.

Benefits of a Quick Fit Workout:

- 1) Total body workout in only 30 minutes.
- 2) Burns more calories in 30 minutes than most workouts due to more large muscle groups working simultaneously.
- 3) Workouts can be adjusted to fit the needs of the user; light resistance for beginners or heavier resistance for more advanced exercisers.
- 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



YMCA

We build strong kids,
strong families, strong communities.