



Downtown YMCA Quick Fit Center

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 Center are hydraulic machines that require very few adjustments.

You can decrease and increase the resistance and the hydraulic resistance will also adjust to the level of effort from the user.

This Center is open during all hours the facility is open.

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

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.

Quick Fit Participation Guidelines:

1. An orientation to the Quick Fit Center is recommended before use. Sign up at the Service Center for your free appointment!
2. Participants must be 14 years or older to use the Quick Fit Center.
3. Youth 10 to 13 may use the Quick Fit Center when supervised by an adult once an orientation or Youth Fitness Training Class has been completed.
4. Participants must move to the next station when directed by the "stoplight".