



# Quick Fit Studio

2012

## Contact Information

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## Quick Fit Studio

A Quick Fit workout is a fun, non-intimidating 30-40 minute circuit workout. Users will alternate between strength and cardio stations, spending approximately 45-seconds at each station.

The equipment in the Quick Fit Studio are hydraulic machines that require minimum adjustments. The hydraulic resistance automatically adjusts to the level of effort from the user. This eliminates the need of weight stacks and pins. The Quick Fit Studio is safe for anyone at any fitness level. It's perfect for beginner exercisers, active older adults and youth (see youth policy for minimum age and other requirements).

Sign up for your FREE Quick Fit Studio orientation at the Front Desk today!

## Benefits of a Quick Fit Workout

- Receive a total body workout in only 30 minutes.
- Burns more calories than some types of workouts due to large muscle groups working simultaneously.
- Workouts can be adjusted to fit the needs of the user; light resistance for beginners or heavier resistance for more advanced participants.
- Minimal muscle soreness! The eccentric (lengthening) contraction of muscles results in muscle soreness. While this is important for novice exercisers, beginners and special populations typically avoid working to the point of muscle soreness. On the Quick Fit equipment, the eccentric phase of the muscle contraction is eliminated due to the opposing muscle group engaging. Therefore, muscle soreness is minimized.

## Participation Guidelines

- An orientation to the Quick Fit Studio is recommended before use. Sign-up at the Front Desk for your FREE appointment.
- Participants must be 14 years or older to use the Quick Fit Studio unsupervised.
- Graduates of the Youth Fitness Training Class may use the quick Fit Studio at any time. A wristband received at the Front Desk must be worn.
- Youth participants, ages 9-13, may utilize the Quick Fit Studio after an orientation has been attendance and with a guardian 19 years of age or older present in the Quick Fit Studio at all times.
- Participants must move to the next station when directed by the Quick Fit stop light when other participants are using the studio.
- Water is allowed and recommended in the Quick Fit Studio. Please avoid bringing food and other drinks into the Quick Fit Studio.
- Proper workout attire is required; workout pants or shorts, t-shirts, closed back tennis shoes. Short shorts, sports bras, jeans, open-toed shoes and sandals are not allowed.
- All equipment in the Quick Fit Studio must stay in the studio. If you move something out of it's location, please return it to it's proper location when finished.
- Participants may bring their own CD's to listen to while using the 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 studio before changing the music.
  - c. Place all YMCA CD's back in their cases to keep them in working order.

**Cooper**

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(402) 323-6400

**Downtown**

1039 P Street  
Lincoln, NE 68508  
(402) 434-9230

**Fallbrook**

700 Penrose Drive  
Lincoln, NE 68521  
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**Northeast**

2601 N. 70th Street  
Lincoln, NE 68507  
(402) 434-9262

**Youth Sports**

570 Fallbrook Blvd., # 210  
Lincoln, NE 68521  
(402) 434-9217

**Camp Kitaki**

570 Fallbrook Blvd., #210  
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