

*Faculty and Staff*, come join our

## **FitLinxx**

powered facility located in the Wellness Center Room 201.

**It is FREE for all faculty and staff.**



- The Fitness Center will provide participants with a total body workout designed to accommodate all levels of fitness; from the elite athlete to the person who has never worked out.
- This instructional class will use the latest computerized equipment as well as personalized instruction.
- A complete circuit will provide strengthening exercises for all major muscle groups and a choice of cardiovascular/respiratory workouts.
- Other topics to be included are: nutrition, disease prevention, stress management, body composition.
- The Fitness Center may be used on a DROP-IN basis, anytime during open hours.
- Track your progress and log workouts online!

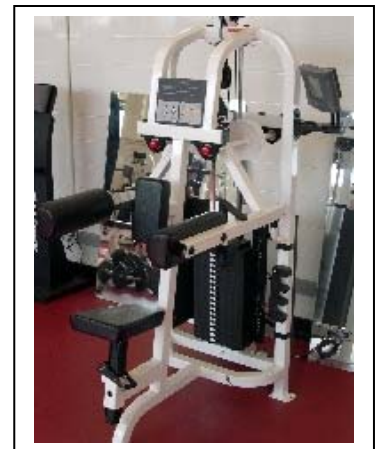
### **How to Join:**

1) Have a current CCSF application on file (available in Admissions & Records, Class Schedule, or online ([www.ccsf.edu](http://www.ccsf.edu)))

2) Sign up for PE 51 (each semester) add codes available during Add/Drop via email ([slaughli@ccsf.edu](mailto:slaughli@ccsf.edu)) or in the Fitness Center

3) Attend a one-time orientation...preferred but not mandatory. If unable to attend an orientation come on down anytime after the first 2 weeks of the semester.

**Also available online!** ([www.CCSFFitnessCenter.com](http://www.CCSFFitnessCenter.com))



Check out the Orientation Schedule and other great information on the web at:

**[www.CCSFFitnessCenter.com](http://www.CCSFFitnessCenter.com)**



### **Hours of Operation**

(subject to change)

M-F 6am-8pm

Sat. 8am-4pm

Closed Sunday

Closed CCSF Holidays

***Check the website for up to date times and info.***

