

Fitness Center –P.E. 50/51

CCSF's **Fitness Center** provides a full-body workout utilizing the state-of-the-art Fitlinxx computerized system that is attached to Life Fitness strength machines and cardio machines, including programmable treadmills, elliptical trainers, and bikes. The Fitness Center staff are CCSF instructors in the Physical Education and Dance Department, with a range of experience including strength, sports, dance, Pilates, yoga, aerobic fitness, and rehabilitation techniques, and all have received additional training on the Fitlinxx system.

Course Objectives –All users will:

- Understand and apply the principles of cardiovascular, strength, and flexibility training as they relate to life long good health and fitness.
- With the help of their instructor, develop a personal fitness plan.
- Learn to use the equipment safely and effectively.
- Understand the positive benefits of physical activity.

Evaluation

- P.E. 50 is graded on a credit or no credit basis.
- Students working out a minimum of 25 sessions (12 for summer session) will receive a grade of credit. 13 sessions is a recommended goal for the first midterm.
- The final evaluation will include an assessment if increases/changes in cardiac fitness, body composition, and strength as a result of the Super Circuit Training.

Dress

- All users must wear athletic attire (sweats, tights, warm ups, shorts) and athletic shoes. Street clothes will not be allowed.
- All users must provide their own towel to wipe off each piece of equipment after use.

Locker Room/Shower Facilities

- Students, faculty and staff may only use the lockers on a day use basis only. All items must be removed from lockers each day or items will be discarded.
- Students, faculty and staff must bring their own locks and towels.
- Students, faculty and staff must keep their belongings locked up at all times or in the cubbies located in the center.

Health Concern

- All users having health problems affecting their performance in this class must let their instructor know.
- A medical examination is recommended for anyone who has not recently participated in activity.

Miscellaneous

- **The Fitness Center is open on a drop-in basis during posted hours of operation.**
- **Those not in compliance with the rules will not be allowed to use the center. These rules include, but are not limited to:**
 - ❖ **Only students, faculty and staff properly enrolled in PE 50/51 or the Community Education Program for the Fitness Center (respectively) for the current semester will be allowed to use the center.**
 - ❖ **All new users must attend a one-time orientation. The orientation schedule is posted at www.CCSFFitnessCenter.com and in the current Class Schedule.**
 - ❖ **All users must log in at one of the kiosks and at each machine they use.**
 - ❖ **No food or drinks are allowed (only bottled water is allowed).**
 - ❖ **All users must have their own towel in the center.**
 - ❖ **All users must wear athletic attire (sweats, tights, warm ups, shorts) and athletic shoes. Street clothes will not be allowed.**
 - ❖ **No changing in the Fitness Center is allowed.**
 - ❖ **There is a 20-minute limit on all cardio machines while others are waiting. Please use the Cardio Sign In sheets.**
 - ❖ **When using the strength machines, one must exit out of the machine(s) in between sets to allow others to “work in”.**
 - ❖ **No cell phone use is allowed in the Fitness Center. Please continue with calls outside of the room.**

Hours of Operation:

Closed CCSF Holidays and Breaks

Updated Hours of Operation and additional information is available at: www.CCSFFitnessCenter.com

Also posted in the Fitness Center