



## **Policy for Students & Members working out together**

### **Students are coming on September 14th!**

#### **CCFC Members:**

It's back to school time again and with that comes the PE and Strength & Conditioning classes with roughly 30+ students in each class.

This year they will be in the fitness center on:

Monday, Wednesday, and Friday 8:45 – 9:20am

Tuesday and Thursday from 9:50 – 10:20am & 10:45 – 11:15am

I know some don't like it when the students are in the fitness room but let's remember why the CC Fitness Center was built in the first place, "it was built for the students". It is called Columbia Community Fitness Center for a reason; it is to be used by both the students and the community. If we didn't have the students we wouldn't have the fitness center.

So, the bottom line is..."Let's all get-a-long"!

Everyone is welcome when the students are using the fitness center under the following conditions.

Michael Jordan is the only teacher that will be teaching these classes this year. Please realize that the classes are only 30 minutes long

- When the class walks in they will need most of the cardio machines so you may be asked to move to another machine.
- If you walk into the fitness room while a class is already there and a cardio machine isn't being used it won't be needed for the entire class.
- If you are using the weight machines you will be asked to move from machine to machine along with the class at 30 second intervals.
- Some of the free weights will be used on Friday from 8:45am-9:20am, but again you can move with the class at 30 second intervals.

I *don't* want to close the fitness center to accommodate the students, because I think we can all work together.

Fitness Center Director

Randy Szenas

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