

FITLIFE CENTER SCHEDULE

effective September 6, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open First Step Fitness 5 am - 7 pm	Open First Step Fitness 5 am - 3 pm	Open First Step Fitness 5 am - 7 pm	Open First Step Fitness 5 am - 3 pm	Open First Step Fitness 5 am - 8:50 pm	Open First Step Fitness 8 - 10 am	Open First Step Fitness 8 am - 4:50 pm
	DCP 3 - 4 pm Room Closed		DCP 3 - 4 pm Room Closed		DCP 10 - 11 am Room Closed	
Veteran's Only 7 - 8 pm Room Closed	Open First Step Fitness 4 - 5:30 pm	Veteran's Only 7 - 8 pm Room Closed	Open First Step Fitness 4 - 5:30 pm			
	DCP 5:30 - 6:30 pm Room Closed		DCP 5:30 - 6:30 pm Room Closed			
Open First Step Fitness 8 - 9:20 pm	Open First Step Fitness 6:30 - 9:20 pm	Open First Step Fitness 8 - 9:20 pm	Open First Step Fitness 6:30 - 9:20 pm		Open First Step Fitness 11 am - until closing	

First Step Fitness Program (FSF).

FSF is the habit forming plan for physically inactive individuals who need structure to help them develop the basic physical and psychological skills needed to exercise regularly. FSF utilizes an individualized, step-by-step approach that focuses on cardiovascular endurance and resistance training with an emphasis on regular attendance.

Please note on the schedule that there are a few dedicated time slots when the room is closed to general membership for special groups. The schedule has plenty of Open FSF hours available for those whose goal is to enhance general wellness and best addressed through regular attendance and steady progression. All are included with your Facility membership. **Call Dawn at 773.3646 ext. 428 with questions or for more info.**

DIABETES CARE PROGRAM (DCP) - A comprehensive diet, exercise and education program for people who are pre diabetic and those diagnosed with Type II Diabetes. Room closed to participants. Free to members; Program Associates and Non-Members the fee is \$99 for 8 weeks.

FRANKLIN COUNTY VETERANS - For physically inactive individuals who need structure to help them develop the basic physical and behavioral skills to exercise regularly. Includes cardiovascular endurance and resistance training. Room is closed for veterans only. Facility membership required.

HOURS OF OPERATION

Weekdays

Monday - Thursday 5 am - 9:30 pm
Friday 5 am - 9 pm

Saturdays

October - May 7 am - 8:30 pm
June - September 7 am - 5 pm

Sundays

8 am - 5 pm



The YMCA will be CLOSED
Thanksgiving Day, Christmas Day,
Easter, Memorial Day, and
Independence Day