

# **THE** **EDGE** FITNESS CENTER ORIENTATION S C H E D U L E

The purpose of our Fitness Center Orientation is to make sure our members feel safe, comfortable and knowledgeable while using our equipment in our gyms. Expect this orientation to take an hour or less. By the end, you should have gained knowledge in the following:

- LEARN HOW TO SIGN UP & USE THE CARDIO MACHINES
- LEARN HOW TO USE THE CYBEX CIRCUIT
- LEARN HOW TO USE AUDIOFETCH & MYZONE
- LEARN THE RULES & REGULATIONS OF THE FITNESS CENTER
- LEARN MORE ABOUT SESSION ZERO, IF INTERESTED IN PERSONAL TRAINING

	Gauthier Drive, Essex	West Twin Oaks, South Burlington	Wellness Drive, Williston
Mon		10am	5pm
Tue	6pm		7pm
Wed		5pm	9:30am
Thurs	6pm	12pm	11am
Fri			
Sat	9am		11am
Sun			

***If you cannot make these times, private fitness center orientations are available for \$30***

Essex- [JodiT@edgevt.com](mailto:JodiT@edgevt.com)

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Williston- [CaseyL@edgevt.com](mailto:CaseyL@edgevt.com)