

Inside Track

CONFEDERATION COLLEGE FITNESS CENTRE FALL 2009

Welcome Back Students!

The Confederation College Fitness Centre would like to welcome back all our returning students and look forward to meeting all the new students this year. The Confederation College Fitness Centre is part of all Full-Time student privileges. A full-time student has access to the entire centre. A current student card is required to gain access to the Fitness Centre. Your student card allows you to rent out equipment such as squash racquets, tennis racquets, medicine balls, basketballs, and exercise accessories. Students may upgrade their membership to include towel service and/or locker service for an additional fee and we offer discounts on most fitness programs. A free orientation to the Nautilus and

Cardio centre's are given to all members who would like a better understanding of how to effectively get a better workout.



These orientations must be booked in advanced. Please see front desk for details.

If you are a part-time student stop by the Fitness Centre and we will be more than happy to help you purchase a membership

that suits your needs.

To any graduate of 2009, you are entitled to the Graduation Rebate Program. This program gives any graduate of 2009 a \$100 rebate on either a Silver or a Gold Annual Membership. Rebate coupon will expire December 31/09. Ask the front desk for inquiries. You must present proof of graduating in 2009.

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Runner's Tracking Map

A new Runner's Tracking Map has been put up on the bulletin board in the main lobby. All members are welcome to use the map to track their distance in kilometers. Simply write your name on the tracking sheets below the map and start your journey along the infamous Terry

Fox Marathon of Hope Tour. Runners and walkers are welcome to take part. Every year at our Members Banquet we reward members for their efforts in various categories. Join the tour! It's a fun and interactive way to set goals in your running/walking program

and potentially win prizes. Honor one of the most revered and respected humanitarians of Canada by experiencing Terry Fox's ambitious triumph during his courageous fight with cancer and his ongoing legacy to finding a cure.

Member Survey Results

These Member Survey Results are based on 177 members who have taken the survey.

The Service Desk rating:

Good-Excellent 94.4%

The Facility/Maintenance

Cleanliness rating:

Good-Excellent 96.1%

Fitness Classes rating:

Good-Excellent 100%

General Condition/Availability of areas rating:

Good-Excellent 94.4%

The **top three items** our survey participants feel should be on the list for future replacement or new purchases within the next few years are:

New equipment 16.4%
in the weight room

A bigger TV in the 7.9%
lobby area

Rebuild the 4%
outdoor tennis
courts

Agree with current practice of Gold & Silver levels rating:

Yes 85.9%

No 14.1%

Fitness Centre satisfies most of your recreational/fitness needs rating:

Yes 97.2%

No 2.8%

The results are in!

The three things our survey participants **like most** about the Fitness Centre rating:

Staff/Members 28.2%

Location 13.6%

Hours of 11.3%

Operation

The three things our survey participants **like least** about the Fitness Centre rating:

9.6% Lack of updated equipment in weight room

8.5% Lack of music in the Cardio/Nautilus room

3.4% Individuals parking without permits in the Fitness Centre lot

Do you believe the Fitness Centre has the responsibility to deny access to tennis courts with individuals who used their daily playing allowance rating:

Yes 50.3%

No 29.4%

N/A 20.3%

Summary of Comments

7.9%

It should be up to the person who books the court to decide their playing partners. Who they choose to play with is not a factor, regardless if they choose someone who has already played that day. It is hard to find players of the same caliber.

2.8%

The current rules are fair and everyone should have an equal opportunity to use the courts. The Fitness Centre is a public facility and it is the Fitness Centres responsibility to place order and to control the operation as they see fit.

There should be tighter restriction for booking courts allowing only full year Gold members this privilege.

1.7%

The Fitness Centre presents itself as an adult facility therefore Junior Development should be scheduled to not conflict with adult use.



H1N1-What you can do to stay healthy



Keep your hands clean by washing often with soap and water, or by using alcohol-based hand sanitizer (at least 60%).



Keep commonly touched surfaces clean and disinfected.



Stay home if you are sick.



Protect yourself and others by talking to a health care provider about seasonal and H1N1 flu vaccines.



Cough and sneeze into your upper sleeve or a tissue, not your hand. Get rid of tissues right away

Flu Clinic

Seasonal for ages 65+ & H1N1 for under 65

Identification required-health card and/or driver's license

Place: Confederation College Ryan Hall

Date: Monday, November 9th

Time: 10:00 am - 3:00 pm

Please remember to wear short sleeves. Bring your yellow immunization card if you have it.

Can Fit Pro FIS Certification

Fitness Instructing Certification Course

Become a Certified Fitness Instructor!

This course recognizes the leadership, motivation and practical training

required for group exercise instructors who train to develop a safe and effective exercise class. The Fitness Instructor Specialist certification process involves the evaluation of basic fitness theory and practical skill's.

January 2010

Saturday, January 30th

9:00 am-3:00 pm

Sunday, January 31st

9:00 am- 3:00 pm

Saturday, February 6th

9:00 am-3:00 pm

Sunday, February 7th

9:00 am- 3:00 pm

Register before January 9th

Exam Date: March 6th

1:30 pm-4:00 pm

March 2010

Friday, March 26th

5:00 pm-9:30 pm

Saturday, March 27th

8:00 am- 8:00 pm

Sunday, March 28th

8:00 am-4:30 pm

Register before March 5th

Exam Date: April 24th

1:30 pm-4:00 pm



Donate Squash Racquets

The Fitness Centre is asking squash players to donate any unwanted, functional squash racquets to our facility so we may continue to lend squash racquets to our members and students for free. We would appreciate your generosity and lending a hand in keeping this sport affordable to the students on campus. You may leave them at the front desk of the Fitness

Centre. Squash racquets will only be available as donations transpire. A membership or student card is needed for rentals.

A reminder that our Annual Squash Club Championship Tournament, for all Fitness Centre Community Members and Confederation College Students, will be taking place in the spring. Sharpen up

your skills to enter the tournament and be eligible to win prizes while having fun. Come out and meet new players, and experience some friendly competition. Look for registration dates closer to the spring.



Fall Fitness Program Schedule

MORNING PROGRAMS

Name	Day	Time	Instructor
Morning Energizer (I/A)	M,W,F	9:30-10:30 AM	Lisa Geurts

AFTERNOON PROGRAMS

Lunch Express (I/A)	M,W,F	12:10-12:50 PM	Lisa Geurts
Pace Express (B) (Instructor led class-similar to a "Curves Circuit")	T,TH	12:10-12:50 PM	Lisa Geurts

EVENING PROGRAMS

Happy Hour (I/A)	M,W,F	05:00-06:00 PM	Anne Parr
Hatha Yoga (B)	M,W	05:00-06:00 PM	Shirley Delorme
Spin & Abs (B/I)	T,TH	06:00-07:00 PM	Karli Storey
Butts & Gutts (B/I)	T	07:00-07:40 PM	Carly Pugliese
Total Fitness	M,W	07:30-08:30 PM	Anne Parr
Life Styles	Sat.	10:00-11:20 AM	Carol Arvonio/Lisa Geurts

Fall Fitness Program Descriptions

Morning Energizer	Wake-up your body with this energy building class. Enjoy muscle training, strength & flexibility work to help to start your day off right.
Lunch Express	Enjoy our menu including cardio, strength training, yoga, & flexibility during this time efficient workout and help prevent those afternoon blahs.
Pace Express	Burn off some lunch time calories in this quick, action packed workout. This program safely shaves off the pounds using a hydraulic machine circuit.
Happy Hour	This versatile aerobics class is designed to rejuvenate. Enjoy strength training, ab work, stretching, yoga & moves to better enhance your lifestyle.
Hatha Yoga	Never tried yoga before? Have fun relaxing the mind and soul while adding length and strength to your muscles.
Spin & Abs	Intense is what you want, intense is what you will get in this high performance cardio class. Hop on a bike and pedal the pounds away.
Butts & Gutts	Achieve a strong, desirable mid-section with these core essential exercises and perfect your rear view with the best butt shaping moves ever! We'll show you fail-proof ways to maximize your results.
Life Styles	"Life Styles" is a weight loss support group for all ages & sizes. Your team of professionals will meet you weekly for private weigh-ins, instructor led workouts, support, and educational programs to help guide you through your journey to a more active, healthier lifestyle.