



CHOICE HEALTH
& FITNESS



CHOICE HEALTH & FITNESS

INSPIRING HEALTH & HAPPINESS

PARTNER SERVICES

SERVICES AVAILABLE TO THE COMMUNITY



Sanny & Jerry Ryan Center for Prevention & Genetics

As the first of its kind in the region, the Sanny & Jerry Ryan Center for Prevention & Genetics uses genetics to help people understand their risks to prevent, help manage, and, in some cases, reduce the expression of inherited disease. Healthcare and fitness professionals are working together to meet client needs and create an environment to foster increased quality of life in the community. Available to the public, the services offered include: Genetics; Wellness & Prevention; Health Assessments & Screenings; Chiropractic; Therapy; and Healthy, Fit Kids & Families. For more information, visit Altru.org/services/center-for-prevention--genetics/ or call 701.732.7620

Truyu Day Spa

Looking to relax and rejuvenate? Truyu day spa, located on the second floor, is designed to encourage relaxation and overall wellness. All services are provided under the support of Altru Health System, so you will receive unparalleled care and expertise. Available to everyone, members and non-members of Choice Health & Fitness, the services offered include: Massage Therapy; HydraFacials; Rhonda Allison Skin Care; Body Treatments, including airbrush spray tanning; Manicures; and Pedicures. For more information, visit Altru.org/truyu/ or call 701.732.7570

USDA Human Nutrition & Research Center

Choice Health & Fitness is the only facility within the United States to house a federally mandated national obesity research lab through the USDA Human Nutrition & Research Center. Through our partnership, the USDA Grand Forks Human Nutrition & Research provides opportunity for research as they continually engage to create a model for programming fitness/community facilities to decrease obesity and enhance peoples' lives through activity. As part of the Northern Plains Area of ARS, it is one of six Human Nutrition Centers operated by the Agricultural Research Service of the United States Department of Agriculture. For more information, visit ars.usda.gov/plains-area/gfnd/gfhnrc/ or call 701.795.8456

THE DELI

SNACK ON THE GO



Located in the lobby of Choice Health & Fitness, this innovative café provides the tastiest beverages and foods prepared fresh daily. Choose from a wide variety of delicious fruit smoothies, breakfast sandwiches, lunch and dinner entrees, garden-fresh salads, healthy snacks even kids will love, and of course coffee to relax with friends or a book after your workout!



We're Your
Best CHOICE

2 GREAT FACILITIES 1 MEMBERSHIP

Choice Health & Fitness and the Altru Family YMCA offer our members two fabulous facilities for one low cost membership. No matter which location you become a member of, you have full and equal access to both facilities and all programs. There is no other membership quite like it!

CONTACT US: 701-746-2790 | CHOICEHF.COM | INFO@CHOICEHF.COM



FREE WIFI
password: choicequest



FACILITY INFO

THE BASICS: HOURS, RATES, TOWELS, & LOCKERS



HOURS OF OPERATION

All times & dates are subject to change
*Open time depends upon the day of week the holiday falls on

GENERAL	FACILITY	CHILDCARE	POOL	MEMBERSHIP
	MON - THURS 5:00AM - 11:00PM	MON - THURS 8:00AM - 1:30PM 4:00PM - 8:00PM	MON - THURS 5:30AM - 10:00PM	MON - THURS 8:00AM - 8:00PM
	FRIDAY 5:00AM - 9:00PM	FRIDAY 8:00AM - 1:30PM 4:00PM - 7:00PM	FRIDAY 5:30AM - 8:00PM	FRIDAY 8:00AM - 6:00PM
	SATURDAY 7:30AM - 9:00PM	SATURDAY 8:00AM - 1:30PM NO EVENING CHILDCARE	SATURDAY 8:00AM - 8:00PM	SATURDAY 8:00AM - 2:00PM
	SUNDAY 7:30AM - 9:00PM	SUNDAY CLOSED	SUNDAY 11:00AM - 8:00PM	SUNDAY CLOSED
	MON - THURS 5:00AM - 10:00PM	MON - THURS 8:00AM - 1:30PM 4:00AM - 8:00PM	MON - THURS 5:30AM - 9:00PM	MON - THURS 8:00AM - 8:00PM
SUMMER <small>Memorial Day - Labor Day</small>	FRIDAY 5:00AM - 8:00PM	FRIDAY 8:00AM - 1:30PM NO EVENING CHILDCARE	FRIDAY 5:30AM - 7:00PM	FRIDAY 8:00AM - 6:00PM
	SATURDAY 7:30AM - 6:00PM	SATURDAY 8:00AM - 1:30PM NO EVENING CHILDCARE	SATURDAY 11:00AM - 5:00PM	SATURDAY 8:00AM - 12:00PM
	SUNDAY 7:30AM - 6:00PM	SUNDAY CLOSED	SUNDAY 11:00AM - 5:00PM	SUNDAY CLOSED

HOLIDAYS

New Year's Day
Easter
Memorial Day
Independence Day
Labor Day
Thanksgiving
Christmas Eve*
Christmas Day
New Year's Eve*

12:00pm – 8:00pm
Closed
8:00am – 4:00pm
Closed
8:00am – 4:00pm
Closed
7:30am – 1:00pm
Closed
7:30am – 8:00pm



GUEST PASS OPTIONS

(Tax applied at purchase)

GUEST PASS	Single Youth	Single Adult	Family
OPTIONS	1-Day / \$8 3-Day / \$13 7-Day / \$27	1-Day / \$12 3-Day / \$20 7-Day / \$45	1-Day / \$30 3-Day / \$50 7-Day / \$83

CHILDCARE OPTIONS

MEMBER OPTIONS	1 Child \$4.00 / visit	2 Children \$6.00 / visit	3+ Children \$8.00 / visit
NON - MEMBER OPTIONS	1 Child \$6.00 / visit	2 Children \$9.00 / visit	3+ Children \$12.00 / visit

Monthly Childcare options available - See Membership Department for details.
Childcare & Guest Pass rates at Choice Health & Fitness do not apply at the Altru Family YMCA.
To receive member guest pass rates, member must be present when pass is purchased.
*Identification will be required for guests 15 years & older.

TOWELS

EQUIPMENT | *Small Towels*
Purpose: For wiping down equipment after use.
Locations: Around facility in workout areas.

WORKOUT | *Medium Towels*
Purpose: For wiping sweat during your workout.
Locations: Outside Family Locker Room, at the Fitness Desk, & under stairs by the Weights Area.

SHOWER | *Large Towels*
Purpose: For use after showering.
Location: Men's, Women's & Family Locker Rooms

*Please help us conserve. Only use what you need.
*Place used towels in bins labeled "TOWELS ONLY" when done.



LOCKERS

DAILY USE | Tall lockers, lower level lockers, and the express lockers located in the hallways and outside the Group Ex. Rooms are for **daily use only**. Locks left overnight will be cut and the contents removed.

RENTAL | Upper level lockers inside both the Men's & Women's Locker Rooms are available to rent. Lockers are available to rent per month (Min. 3-month period). See the Membership Department for availability.

REMINDERS

- Always lock your locker!
- Choice Health & Fitness is not responsible for lost or stolen items.
- Bring your own lock - If you do not have a lock, one may be purchase at the Pro Shop located near the Customer Service Desk in the Lobby area.

Daily Use	No Fee
Monthly (bank draft)	\$10.05

Limited quantity - Rental based on availability.

LOOKING FOR MEMBERSHIP RATES?

All up-to-date membership rates, membership types, and detailed information can be found:

- In our Membership Brochures located in the Lobby, in our Membership Offices, and at the upstairs Fitness Desk
- Online at ChoiceHF.com

A

B

C

D

E

F

G

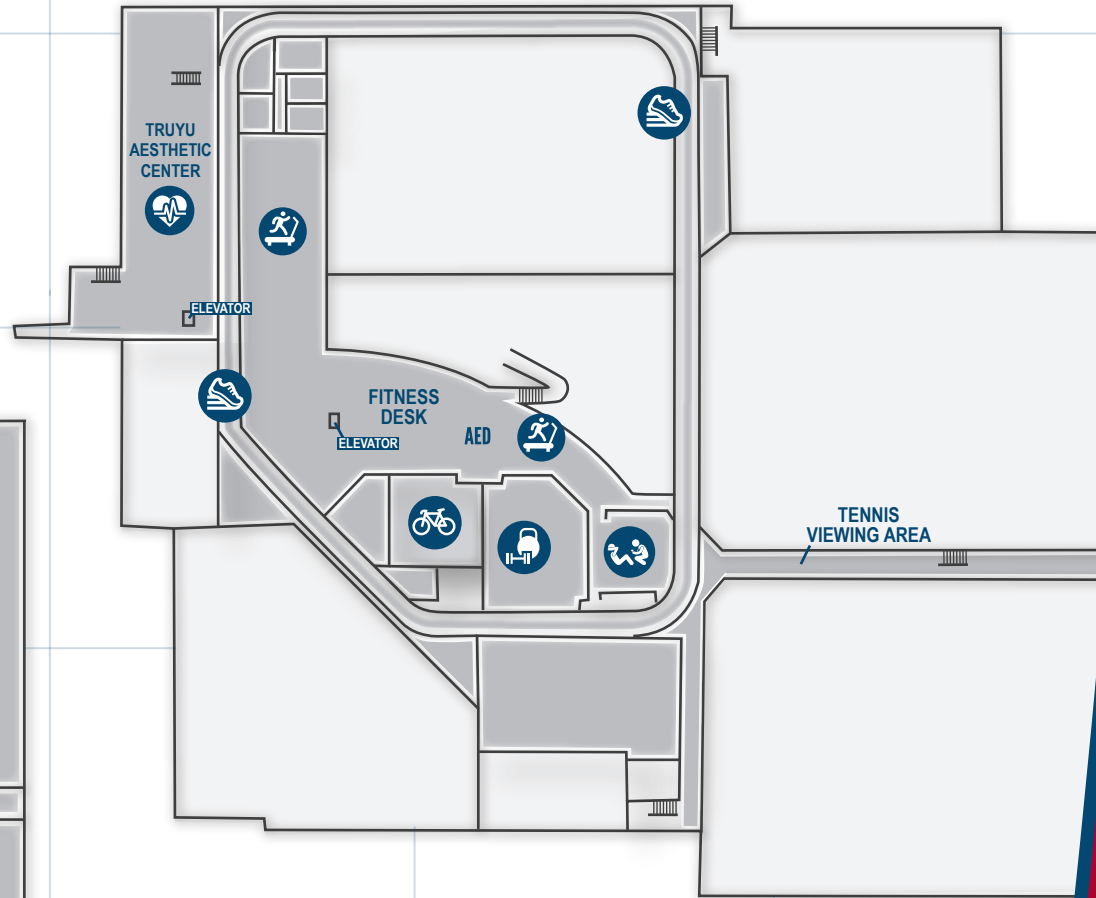


CHOICE HEALTH & FITNESS FACILITY MAP

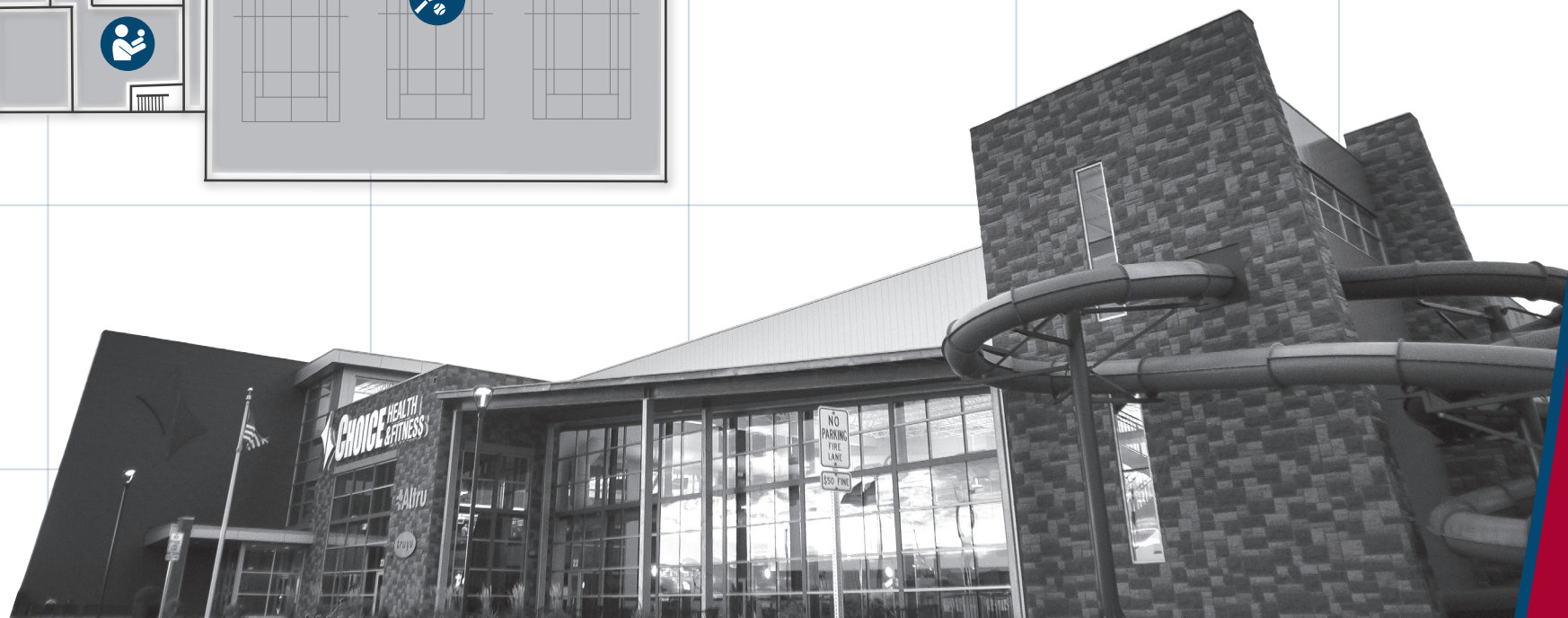
MAIN FLOOR



2ND FLOOR



- 6 Tennis Courts** (D,3&4)
- 2 Basketball Courts** (B,1)
- Aquatics Complex** (B,3)
3-lane lap pool, 2 water slides, zero-depth entry pool, spray features, & lazy river
- Run/Walk Track** (F,1) & (F,2)
7 laps = 1 mile
- Yoga Studio | Y1** (C,3)
- Personal Training Studio** (F,2)
- Group Exercise Studio | G2** (F,2)
- Cycling Studio | C2** (F,2)
- Weights Area** (C,2)
- Cardio** (E,1) & (F,2)
- Pro Shop** (A,2)
- Deli** (A,3)
- 3 Racquetball Courts** (C,1)
- Outdoor Patio Space** (A,3)
- Childcare Area** (C,4)
- The Kids Zone** (C,4)
- Birthday Party Rooms** (B,3)
- Community Rooms** (A,2)
- Locker Rooms** (B,3)
- Family Locker Room** (B,3)
- Lounge Area** (A,3)
- Partner Services**
USDA-ARS Nutrition Research (A,1)
Altru Health System (B,2)
Truyu Aesthetic Center (E,1)





GETTING STARTED

ALL YOU NEED TO KNOW BEFORE YOU GO

MEMBERSHIP CARDS



CHECKING IN

All members are required to check in at the Customer Service Desk upon entering the facility. Scan in every time you visit using your personal membership card.

MEMBERSHIP PICTURE

When you sign up for your membership, you will need to have your picture taken for your membership profile. If the Membership Staff does not take your picture, the Customer Service Desk Staff will request to take it for you at your first check-in.

CARD REPLACEMENT

If you lose or break your card, there will be a \$5 replacement fee. Let the Customer Service Desk Staff know you need a replacement card. They will take your payment and direct you to the Membership Offices to get your new membership card.

MEMBERSHIP SHARING

Sharing your card with other people who are not a part of your membership is **NOT ALLOWED**. If your card is used by someone other than the member to whom it was issued, the card will be taken and your membership may be cancelled.



WHAT TO WEAR & BRING WITH YOU

Wear comfortable, breathable clothing, and appropriate fitness shoes. Please change into your fitness shoes when you arrive at the facility. Wearing your shoes only when you exercise will help maintain their support and help keep the equipment clean and in working order. We suggest you bring a water bottle and a lock if you plan on using a locker while working out.



GETTING TO KNOW THE EQUIPMENT

We know starting out at a new facility can be intimidating, that's why we offer free fitness orientations. Our fitness orientation will help you get acquainted with the weight machines and cardio equipment. A member of our Fitness Staff will explain how to use the equipment properly, and can recommend seat and weight settings. Simply visit with a Membership Consultant or stop at the Fitness Desk (located on the 2nd floor) to schedule your orientation.



QUESTIONS?



ASK THE CUSTOMER SERVICE DESK STAFF



CALL 701.746.2790



EMAIL [INFO@CHOICEHF.COM](mailto:info@choicehf.com)



VISIT [CHOICEHF.COM](http://choicehf.com)





RULES & ETIQUETTE

FOR THE SAFETY OF ALL OUR MEMBERS



MEN'S COMPETITIVE



WOMEN'S COMPETITIVE



TWO PIECE



SWIM BRIEFS



SWIM SKIRT



BURKINI



SWIM TRUNKS



ONE PIECE



RASH GUARD

AQUATICS DRESS CODE

Choice Health & Fitness is a family oriented facility, and to ensure the safety of all our guests, and sanitation of our pool, the following swimwear policy is enforced:

- Clothing with offensive language, designs or pictures is not permitted.
- All men's swimsuits must have a liner. Gym shorts are not permitted.
- Thongs & other swim attire that is overly revealing or transparent is prohibited.
- Undergarments, such as compression shorts & sports bras, are not permitted as swimwear.
- To prevent damage to the pool/equipment, please refer to the list of accepted swimwear below:



ACCEPTED

NYLON | LYCRA | POLYESTER | SILICONE | LATEX



NOT ACCEPTED

COTTON | DENIM (JEANS) | LEATHER | WOOL
CORDUROY | UNDERGARMENTS | SPORTS BRAS
COMPRESSION SHORTS | DISPOSABLE/CLOTH DIAPERS

For examples of acceptable swimwear, reference the images on the left hand side of this page.

ENTIRE FACILITY

- Food and drink (other than water in a covered container) is not permitted beyond the Customer Service Desk.
- Be considerate and respectful of others. No profanity.
- Clean equipment after use — spray towel with disinfecting spray from cleaning station first and then wipe down equipment.
- Return equipment to designated areas after use.
- All personal belongings must be stored in a locker.
- If you participate, you pay. Accompanied parents or grandparents are allowed to watch their children's program/activity.
- No playing music aloud. Music must only be played through headphones, at a volume that doesn't disturb other members.
- Clean shoes must be worn throughout the facility. Change into proper clean shoes upon arrival.

WEIGHT ROOM

- Children 8 & under (including carriers & strollers) are not permitted.
- Rubber soled shoes that cover the entire foot must be worn at all times. No sandals, spiked shoes, work boots, or flip flops.
- Shirts and shoes must be worn at all times. Clothing with offensive images or graphics is not permitted.
- No bathing suits in this area. Bathing suits are only to be worn in the Aquatics Area and Locker Rooms only.
- Do not rest on equipment between sets.

GROUP EXERCISE CLASSES

- Children 10 & under must be accompanied in the Aquatics Area by a person at least 14 years or older.
- Must be 48" tall to use slides.
- Must be at least 48" tall to use the Lazy River unless accompanied by a person age 14 years or older. A life jacket may be required.
- Lap swimming is available anytime pool is not reserved for swimming lessons or water classes. 3 swimmers per lane.
- No lap swimming during water aerobics.

LOCKER ROOMS

- The Family Locker Room is designated for families with children ages 11 and under.
- If you have children of the opposite sex (over the age of 2 years old) we ask that you please use the Family Locker Room.
- Cell phones usage is not permitted in any of the Locker Areas.
- Look up your belongings. Choice H&F will not be responsible for lost or stolen items.

FITNESS AREA

AQUATICS AREA

TENNIS & RACQUETBALL

- Children 10 & under must be accompanied by a person at least 14 years or older.
- Only clean, non-marking court shoes are allowed on the playing floor; shoes worn for outside use are not allowed.
- Players will be liable for damages.
- No throwing balls against the walls or windows.
- We strongly recommend no jewelry be worn while using the courts.
- Shirts must be worn at all times.

TRACK

- Please wear proper athletic shoes on the track. No sandals, flip flops, dress shoes, winter boots, or black soled shoes are permitted on track.
- Children under the age of 11 must be accompanied and supervised by a person 14 years old or older.
- Please walk/run in the appropriate designated lanes.
- Do not stand on track to visit.

GYMNASIUM

STEAM ROOMS

- You must be 16 years of age or older to use the Steam Room.
- Limit yourself to a maximum of 10 minutes.
- No shaving or personal hygiene activities are allowed.
- You must wear or sit on a towel, swimsuits are authorized.
- Workout clothes or footwear are not permitted.
- Use of essential oils not permitted in Steam Room.
- Please shower before entering.
- Due to the high temperatures (between 100 -110 degrees F) and humidity, the Steam Room can be dangerous to your health. We recommend that you consult your physician before you use the Steam Room. Those with medical conditions such as high blood pressure, heart disease, respiratory problems, and those who are pregnant, should avoid exposure to excess heat and humidity.

KIDS ZONE

- Youth members (ages 8-14 years) must check-in at the Childcare Desk allowing them to hang out in the Kids Zone for a maximum timeframe of 2 hours.
- Reservations for the Kids Zone are not available. When a special youth fitness class is occurring within the Kids Zone, the room will not be open to youth members not enrolled in the class. See room schedule for availability.
- No food and/or beverages, with the exception of water, are allowed.
- Personal items are allowed, but Choice Health & Fitness is not responsible for any lost or damaged personal items. All items brought into the Kids Zone must be age appropriate and authorized by the Childcare Staff prior to entering.
- Youth members must always be mindful, courteous, and respectful of staff, other members, and equipment. Any disruptive behavior will result in an immediate removal from the Kids Zone and parents will be notified. Bullying will not be tolerated.
- If your child is ill (fever, stomach ache, or any other illness), they will not be allowed to access the Kids Zone.



TRAINING/FITNESS

OPTIMIZE YOUR GYM TIME



INCLUDED IN MEMBERSHIP

You are sure to find the perfect fit for your personal intensity level, at a time that works best for you! We have a huge gamut of choices for beginners to seasoned fit-natics! Find the schedule of classes included in your membership at the Customer Service Desk or online at choicehf.com. Some offerings include:



YOGA & PILATES

Get a great workout in while increasing mobility, flexibility, and encouraging relaxation.
Location: Yoga Studio | Y1 or Group Exercise Studio | G2 *(Depending on class)*



STEP & DANCE

Move to the beat of energizing songs encouraging the body to get up and dance!
Great way to burn calorie while having fun!
Location: Group Exercise Studio | G2



STRENGTH & TONING

We have classes to tone, sculpt, and strengthen just about every muscle in your body!
Location: Group Exercise Studio | G2



AQUATICS

Provides a great cardio workout along with strength training through the resistance of water.
Location: Aquatics Complex



CYCLING

Get your heart pumping with combinations of hills, sprints, and intervals. Guaranteed to burn countless calories.
Location: Cycling Studio | C2

FITNESS CLASS LOCATIONS

Yoga Room | Y1 (1st Floor)
Group Exercise Room | G2 (2nd Floor)
Cycling Room | C2 (2nd Floor)



PERSONAL TRAINING

EDUCATE | HOLD YOU ACCOUNTABLE | MOTIVATE

Whether you're a beginner or an advanced exerciser, youth or senior, we have a trainer perfect for you! A Personal Trainer will help define your specific goals and create a personalized fitness plan so you can reach those goals. Individual & small group sessions available.

REQUEST YOUR FREE 15 MINUTE CONSULTATION TODAY!

EMAIL | PERSONALTRAINING@CHOICEHF.COM **CALL** | 701.746.2790

SPORTS TRAINING

INDIVIDUAL/GROUP (SMALL GROUP OR TEAM)



EMAIL | SPORTSTRAINING@CHOICEHF.COM **CALL** | 701.746.2790

ADULT GROUP TRAINING

FEE-BASED CLASSES TO ENHANCE YOUR WORKOUT

- Advanced Yoga/Pilates
- Cardio Classes
- Suspension Training
- Bootcamps
- Cardio & Strength Classes
- Strength Training





EQUIPMENT

FOR A PERFECT WORKOUT EVERYTIME

CARDIO EQUIPMENT



- Matrix Treadmills
- Keiser Spin Bikes
- Matrix Recumbent Bikes
- Matrix Up-Right Bikes
- Matrix Octane Cross Trainers
- Matrix Octane Seated Ellipticals
- Matrix Ellipticals
- Matrix Octane Lateral Cross Trainers
- Matrix Stair Steppers
- Matrix Climbmills
- Concept 2 Rowing Machines
- Keiser Krank Bikes

Indoor Track (7 Laps = 1 Mile)

Directions: Mon - Wed: Clockwise

Thurs - Sun: Counterclockwise

FREE WEIGHTS & EXTREME TRAINING AREA



- Power Racks
- Barbells
- Dumbbells (3lbs - 140lbs)
- Benches
- Hammer Strength Equipment
- Body Master Cable Machines
- TRX Cables
- Punching Bag
- Monkey Bars
- Kettle Bells (5lbs – 50lbs)
- Medicine Balls (4lbs – 30lbs)
- Plyo Boxes
- Bosu Balls
- Fitballs

HELP US KEEP THE EQUIPMENT IN GOOD, WORKING ORDER

- Wear clean, dry shoes
- Wipe down equipment with equipment towel and disinfectant spray after use (*Please note: spray disinfectant spray on towel first, not directly on equipment*)
- Report any issues with any piece of equipment by filling out a "FIX EQUIPMENT" form located at the Fitness Desk (second floor) or let a member of our Fitness Staff know

WEIGHT MACHINES



- Matrix Selectorized Equipment (located on the main floor)
- Nautilus Selectorized Equipment (located on the second floor)
- Freemotion Selectorized Functional Training Machines (located on the second floor)
- Keisar Functional Strength Training System (located on the second floor - walking track area)

ADDITIONAL WORKOUT AREAS

Pilates & Stretching | Functional Training | Woodway Treadmills & Zero Runners

These areas are located off the walk/run track. Please Note: Personal Training sessions required to learn how to use the Pilates equipment





EVERYTHING KIDS

WHEN WE SAY EVERYTHING....WE MEAN ABSOLUTELY EVERYTHING!

YOUTH AGE GUIDELINES

The following guidelines are provided for the safety of our youth and all members.

AGES 9 - 13

Have a youth fitness release form signed by a parent/guardian on file and have completed an equipment orientation and received required age designated wristband, to be worn when using equipment. Be determined by Fitness Staff to be physically developed to a level to fit appropriately & safely on equipment.

AGES 14 - 17

Have a youth fitness release form signed by a parent/guardian on file. Complete details available on-site or online at choicehf.com.

YOUTH WEIGHT TRAINING (AGES 11 - 13)

Staff supervised youth weight training hours | Monday - Friday 3:30-5:30 pm.

AGE	AQUATICS	CARDIO AREAS & EQUIPMENT	FITNESS AREAS & WEIGHT MACHINES	FREE WEIGHT AREAS	EXTREME TRAINING AREA	GROUP EXERCISE	GYMNASIUM	TRACK	RACQUETBALL COURTS	TENNIS COURTS <small>Court Time Fees Apply</small>
Age 14 - 17	PERMITTED IN THESE AREAS *Only age 16 and older allowed in Steam Rooms.									
Age 11 - 13*	Permitted in this area	Must have youth wristband and be supervised by a person 14 years or older	Must have youth wristband and be supervised by a person 14 years or older	NOT permitted in this area	NOT permitted in this area	NOT permitted in this area except for age appropriate youth classes.	Permitted in this area	Permitted in this area	Permitted in this area	Permitted in this area
Age 9 - 10*	Must be supervised by person 14 years or older	Must have youth wristband and be supervised by a person 14 years or older	NOT permitted in this area	NOT permitted in this area	NOT permitted in this area	NOT permitted in this area except for age appropriate youth classes.	Must be supervised by person 14 years or older	Must be supervised by person 14 years or older	Must be supervised by person 14 years or older	Must be supervised by person 14 years or older
Age 8* & Under	Must be supervised by person 14 years or older (for children under 4 years see note below)	NOT permitted in this area	NOT permitted in this area	NOT permitted in this area	NOT permitted in this area	NOT permitted in this area except for age appropriate youth classes.	Must be supervised by person 14 years or older	Must be supervised by person 14 years or older	Must be supervised by person 14 years or older	Must be supervised by person 14 years or older

AQUATICS | Children under the age of 4 must be supervised and within an arms length of a person 14 years or older when in the Aquatics Area.

FACILITY | Children 10 years and under must be accompanied by a person 14 years or older at all times except during participation in youth programs.

SPORTS

Whether you're looking to pick up a new sport or hone your skills, Choice Health & Fitness has the perfect youth sports league or program for you!



DANCE



AQUATICS



TENNIS



RACQUETBALL



VOLLEYBALL



BASKETBALL



FITNESS

With a large Gymnasium and an indoor Aquatics Center with splash park and water slides, Choice Health & Fitness is the perfect place to combine fun and fitness. The entire facility is dedicated to providing inspiration and tools to keep our community active, including youth. *Newly redesigned* - The Kids Zone! The Kids Zone is a room adjacent to the Childcare that is just for kids ages 8-14 years old. This is the ultimate space for kids to be active, play games, hangout, or just relax!

WEIGHT TRAINING | YOUTH CLASSES | FIT KIDS | THE KID ZONE



CHILDCARE

Choice Health & Fitness offers affordable childcare (ages 6wks - 8yrs) for the active parent with a highly entertaining, up-and-at-em activity room. Call 701.746.2791 for reservations. Drop-In and Monthly options available - See Membership for information on Monthly Childcare options.

GENERAL HOURS

(Labor Day - Memorial Day)

MON - THURS | 8:00am -1:30pm
4:00 - 8:00pm
FRIDAY | 8:00am -1:30pm
4:00 -7:00pm
SATURDAY | 8:00am -1:30pm
SUNDAY | CLOSED

SUMMER HOURS

(Memorial Day - Labor Day)

MON - THURS | 8:00am -1:30pm
4:00 - 8:00pm
FRIDAY | 8:00am -1:30pm
SATURDAY | 8:00am -1:30pm
SUNDAY | CLOSED

Holiday Hours may vary - Check online at choicehf.com for special holiday hours or Childcare closures.



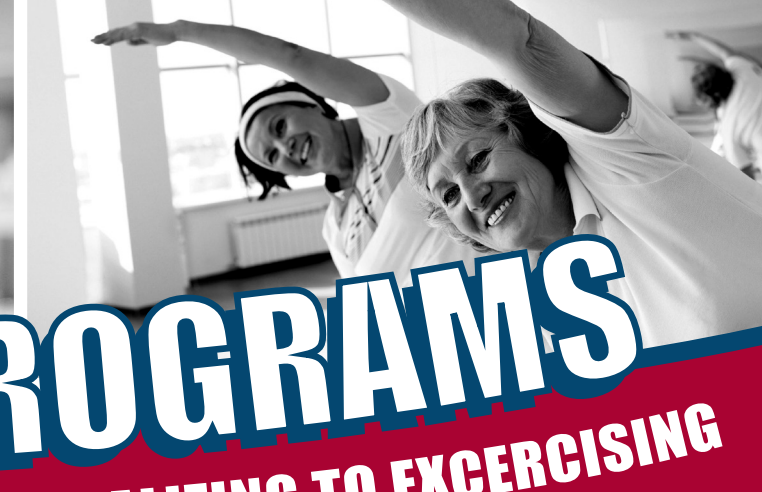
PARTY

HAPPIER BIRTHDAYS AT CHOICE

Celebrate with an easy-to-plan, fun-filled pool party! You bring the cake, decorations, and kids: we take care of the rest!

Visit us at choicehf.com/facility/birthday-parties/ for party details!





PROGRAMS

FROM SOCIALIZING TO EXERCISING



FOR ADULTS



FEE-BASED FITNESS

Along with a large selection of fitness classes included in your membership, Choice Health & Fitness also offers a variety of fee-based fitness classes. With sessions offered throughout the year in popular workout programs, you're sure to find a fitness class that will help you reach your goals. Some programs include:

**CARDIO & STRENGTH | GROUP TRAINING FOR BEGINNERS | BOOTCAMPS
SUSPENSION TRAINING | SPECIALTY TRAINING**



SPORTS LEAGUES

Maintain your fitness level by participating in your favorite sport! Whether you are highly competitive, looking for recreation, or interested in learning a new lifetime sport, we've got what you need! Some leagues include:

TENNIS | INDOOR & SAND VOLLEYBALL | BASKETBALL | RACQUETBALL



FOR SENIORS

YOGA/MINDFULNESS

A variety of yoga classes for any skill level. Great way to get the body moving and calm the mind.

ZUMBA® GOLD

A slower-paced aerobic dance class.

AQUATICS

Water aerobics classes with strength and training using aquatics tools.

TOTAL BODY WORKOUT

A low-impact abs, buns, cardio, & sculpting workouts.



SENIOR BIRTHDAY CLUB

WHAT | Each month features a different activity, event, or speaker. Come celebrate monthly birthdays while enjoying fellowship and fun! Make sure to sign up for the birthday club and add your birthday to the list!

WHEN | 2nd Thursday of the month

TIME | 11:00am

LOCATION | Choice Health & Fitness Community Room



SOCIALIZING

Every month Choice has Senior programs revolving around being social and having fun! Non-fitness senior programs include Bunco, art painting, cookin/ baking, parties and much more! Check out the monthly Silver Review (found at the Customer Service Desk) for program dates & times!

FITNESS CLASSES



SILVERSNEAKERS CLASSIC®

Move to the music through a variety of exercises designed to increase strength and range of motion (chair-based class).

SILVERSNEAKERS CIRCUIT®

Enjoy a full-body circuit workout with hand-held weights, resistance tubes, and a Silver Sneakers ball (chair available).

FUN & FIT

Designed for exercisers age 50+. A variety of low-impact activities to improve quality of life.





FITNESS GOALS

EXERCISE RECOMMENDATIONS & HOW TO GET RESULTS

	 CARDIO	 STRENGTH	 FLEXIBILITY
BENEFITS	<ul style="list-style-type: none">• Weight Loss• Reduces the Risk of Heart Disease• Stronger Heart• Lowers Blood Pressure & Cholesterol• Reduces Stress• Increase Energy	<ul style="list-style-type: none">• Increase strength of connective tissue, muscle, & tendons• Increases your physical work capacity• Improves bone density• Promotes fat free mass (improves metabolism)	<ul style="list-style-type: none">• Improve performance (daily activities)• Improve posture• Decrease risk of injury• Enable your muscles to work most effectively• Increase blood flow to muscles• Relax the muscles
ACSM GUIDELINES	<ul style="list-style-type: none">• 30 - 60 mins. of moderate intensity activity 5 days per week, or 20 - 60 minutes of vigorous intensity activity 3 days per week.• One continuous session or multiple shorter session (10 mins. minimum)• Gradual progression of exercise time, frequency, and intensity for adherence and least injury risk.	<ul style="list-style-type: none">• Train each major muscle group 2 - 3 times per week:<ul style="list-style-type: none">- Light intensity is best for previously sedentary or older adults- 2-4 sets of each exercise help adults improve strength & power- 8-12 reps help adults improve strength & power- 10-15 reps helps in middle aged and older adults just starting an exercise program- 15 -20 reps improves muscular endurance• 48 hours between resistance training sessions is recommended	<ul style="list-style-type: none">• Adults should do 2-3 days each week to improve range of motion• Stretching exercises are the most effective when the muscle is warm• Each stretch should be held 10-30 seconds to the point of tightness• Repeat each exercise 2-4 times accumulating 60 sec. per stretch• Static, dynamic, ballistic or PNF stretches are all effective
AT CHOICE	<ul style="list-style-type: none">• Group Exercise Classes• Walking/running track• Cardio Equipment (Treadmills, Bikes, Ellipticals, Steppers, Krank Bikes)• Free orientations available• Personal Training Programs	<ul style="list-style-type: none">• Group Exercise Classes• Strength Training Equipment (Freemotion,Nautilus, Matrix, Keisers, Body Weight, Free Weights, Pilates Reformers)• Orientations Available• Personal Training Programs	<ul style="list-style-type: none">• Stretching Areas• Yoga & Mind Body classes• Pilates Reformers, TRX System• Cybex Stretching Machines• Personal Training available



HOW TO REACH YOUR FITNESS GOALS

WHERE DO I START?

Depending on your goals and level of fitness, every individual's starting point will vary. Whether you're starting from the very beginning, or want to maintain your current level of fitness with minimal guidance, we are here to help you achieve your goals.

We offer a FREE consultation to help you. During this consultation, we will do a needs analysis to get you going in the right direction. We can recommend multiple ways to help you, including the recommendation of certain equipment to use or setting you up with a personal trainer.

HOW OFTEN SHOULD I WORK OUT?

This will depend on your goals and level of fitness. The American College of Sports Medicine (ACSM) guidelines recommend a minimum of 150 minutes of weekly exercise.

WHAT SHOULD I DO WHILE AT CHOICE?

The type of physical activity you do will depend again on your goals and fitness level, but Choice Health & Fitness has everything you need to help you along the way. Come prepared and get the most out of your workout.

See the chart on the left for benefits, ACSM Guidelines, and suggestions for workouts while at Choice Health & Fitness - All broken down into three categories of exercises; Cardio, Strength, & Flexibility.



ADDITIONAL INFO



50 BENEFITS OF REGULAR EXERCISE



1. LIFTS YOUR MOOD
2. IMPROVES LEARNING ABILITIES
3. BUILDS SELF ESTEEM
4. KEEPS YOUR BRAIN FIT
5. KEEPS YOUR BODY FIT & ABLE
6. BOOSTS MENTAL HEALTH
7. BOOSTS IMMUNE SYSTEM
8. REDUCES STRESS
9. MAKES YOU FEEL HAPPIER
10. HAS ANTI-AGING EFFECTS
11. IMPROVES SKIN TONE & COLOR
12. IMPROVES SLEEPING PATTERNS
13. HELPS PREVENT STROKES
14. IMPROVES JOINT FUNCTION
15. IMPROVES MUSCLE STRENGTH
16. ALLEVIATE ANXIETY
17. SHARPENS MEMORY
18. HELPS TO CONTROL ADDICTIONS
19. BOOSTS PRODUCTIVITY
20. BOOSTS CREATIVE THINKING
21. IMPROVES BODY IMAGE
22. GIVES YOU CONFIDENCE
23. HELPS YOU KEEP FOCUS IN LIFE
24. IMPROVES EATING HABITS
25. INCREASES LONGEVITY
26. STRENGTHENS YOUR BONES
27. STRENGTHENS YOUR HEART
28. IMPROVES POSTURE
29. PREVENTS COLDS
30. IMPROVES APPETITE
31. IMPROVES CHOLESTEROL LEVELS
32. LOWERS RISK OF (CERTAIN) CANCERS
33. LOWERS HIGH BLOOD PRESSURE
34. LOWERS RISK OF DIABETES
35. FIGHTS DEMENTIA
36. EASES BACK PAIN
37. DECREASES OSTEOPOROSIS RISK
38. REDUCES FEELINGS OF DEPRESSION
39. PREVENTS MUSCLE LOSS
40. INCREASES ENERGY & ENDURANCE
41. INCREASES SPORTS PERFORMANCE
42. INCREASES PAIN RESISTANCE
43. IMPROVES BALANCE & COORDINATION
44. IMPROVES OXYGEN SUPPLY TO CELLS
45. IMPROVES CONCENTRATION
46. HELPS WITH SELF-CONTROL
47. LESSENS FATIGUE
48. INCREASES SEX DRIVE & SATISFACTION
49. MAKES LIFE MORE EXCITING
50. IMPROVES QUALITY OF LIFE

**LET'S BE
SOCIAL!**



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