

STRENGTH CONDITIONING

We build strong kids, strong families, strong communities.

Summer 2010 Schedule

FITLINXX

What: A computerized program that offers guidance, motivation and structure for an exercise routine that is tailored to fit you. **(Free to members)**

Why: No more keeping track of sets, reps or pounds lifted. Through the FitLinxx system your trainer will develop a basic exercise program for you, and regularly review your progress.

Where: Make an appointment and pick up a packet at Member Services; the FitLinxx Room is located on the 3rd floor

When: Mon/Wed/Fri 8:30am-8:00pm Tues/Thurs 6am-8pm Sat 9:30am-5:00pm

Sun 1:30pm-3:00pm

STRENGTH & CONDITIONING CENTER

What: The Burbank Community YMCA weight room includes CYBEX, LIFE FITNESS and HAMMER STRENGTH equipment with a combination of plate loaded and selectorized machines as well as a full line of free weights. *Our cardio equipment, located in the FitLinxx room includes Treadmills, Cross Trainers, Ellipticals, Recumbent Bikes, Upright Bikes, Stair Climbers and an Upper Body Ergometer.

Where: Located on the 2nd floor

When: Open during facility hours

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.
321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

RULES AND POLICIES

1. Members must be at least 15 years old to use any of the equipment.
2. Members must wear appropriate exercise clothing (NO jeans) and athletic, closed-toe shoes.
3. Members must utilize shelves, hooks, cubbies or lockers to store personal belongings. The Burbank Community YMCA is not responsible for any personal belongings left, lost or stolen.
4. Members exercise at their own risk and are responsible for their own safety. Users not familiar with the operation of the exercise equipment should ask for assistance.
5. Members must attend a FitLinxx orientation before utilizing the FitLinxx equipment. Appointments can be made through Member Services.
6. When others are waiting, there is a 30 minute time limit on cardio equipment.
7. Members must not sit on equipment between sets. Other participants must be allowed to work in their set.
8. Members must wipe down equipment after each use.
9. The use of chalk is prohibited.
10. Equipment may only be used for its designed purpose. Improper use of the equipment, such as bouncing the mechanisms or dropping the weight stacks, will not be tolerated.
11. For safety, members must use spotters and pinch-lock collars when using free weights.
12. Members must re-rack all weights after use.
13. NO food or beverages, except water or sports drinks in a closed, plastic container.
14. Members must dispose of any trash and used towels properly.
15. Loitering is NOT permitted at any time or place.
16. Profanity, in any language, will not be tolerated.
17. NO outside personal training is permitted in this facility.
18. All emergencies or injuries must be reported to the staff on duty.
19. All members and guests of the facility are expected to conduct themselves in a responsible, courteous, and safe manner in compliance with the facility rules & policies.
20. Instructions by staff must be obeyed at all times. Disorderly conduct and horseplay will not be tolerated. Violation of facility rules and policies and/or other inappropriate behavior may lead to removal from the facility and/or loss or suspension of membership privileges.

BURBANK COMMUNITY YMCA

FACILITY HOURS

Monday-Friday 5:30AM - 10:00PM
Saturday 7:00AM - 6:30PM
Sunday 12NOON - 5:00PM

MEMBER SERVICES HOURS

Monday-Friday 8:00AM - 8:00PM
Friday 8:00AM - 7:00PM
Saturday 9:00AM - 6:00PM
Sunday 1:00PM - 5:00PM

SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or burbankymca.org.