



## **FORRES SWIMMING POOL & FITNESS CENTRE FITNESS ROOM INFORMATION**

### **Introduction:**

Thank you for your interest in our fitness room and for taking the time to undertake an induction. The room is fully equipped with Pulse® Training Equipment and consists of the following:

#### **Resistance:**

- Assisted Chin / Dip
- Hack Squat / Calf
- Chest / Shoulder Press
- Abductor / Adductor
- Leg Extension / Curl
- Abdominal / Back Extension
- 4 Station Multi Gym
- Free Weights and Incline Bench

#### **Cardiovascular:**

- Concept II Rowers
- Treadmills
- Cross Trainers
- Up Right Bike
- Recumbent Cycle
- Pursuit Cycles
- X-Train
- Upper Body Ergometer
- Stair Master
- Keiser M3X Bike

The induction process will take about ½ hour to complete – you will then be able to use the fitness centre at times on timetable convenient to you.

### **Our Vision:**

Our vision is to create a training facility that is safe, easy to use and enjoyable, all in an environment that you feel welcome and relaxed.

There are a few rules and regulations to observe, mainly for safety and comfort reasons and these are listed later in this leaflet.

### **The Induction Process:**

Your instructor will cover the following items with you:

- Registration form and exercise questionnaire
- General walk through of the fitness room
- How to programme the cardio-vascular equipment and use it safely
- How to use the resistance (weights) equipment safely
- Hygiene and cleaning of the equipment
- Opening times

Please turn over 

## **Rules to be observed please:**

- Always take a towel and use it to stop sweat going all over the equipment.
- Wipe the machine / equipment with the wipes supplied after each use.
- At busy times limit your time to 30 minutes on one piece of equipment.
- Don't leave weights on the floor – put them back on the rack.
- Please change footwear to suitable clean footwear

## **General Information:**

### **Clothing:**

Appropriate clothing is required e.g. t-shirt, shorts or jogging trousers and suitable footwear. Outdoor clothing and other personal belongings are to be left in a secure locker located in the changing area.

### **Water:**

The fitness room is equipped with two water fountains that users are encouraged to use. You may bring your own water bottle but **only water** is allowed in the fitness room

### **Hygiene and cleaning:**

Users **must** wipe down the machines immediately after use, using the wipes provided. Users are advised to bring a towel for personal use.

### **Changing and showers:**

Lockers and showers are located in the changing area.

### **Safety:**

The room is fitted with two emergency pull cords located at either end of the room. There is also an emergency call button located out of the main exit door. Activation of either of these alarms will alert an immediate response from a member of staff.