

# Fitness Center '19-'20 Events and Incentives

## August

26th-Fall 1 Group Exercise Classes Begin

## September

3rd-30th Step Challenge-register in app

## October

7th-31st New Wellness Incentive-see app for details

21st-Fall 2 Group Exercise Classes Begin

28th-31st-The Great Pumpkin Workout

## November

1st-30th-Planksgiving-register in app

## December

2nd-Jan 24th Holiday Texas Hold'em Incentive-register in app

19th-Fall 2 Group Exercises Classes End

## January

6th-17th-Winterim Group Exercise Classes Begin

20th-Spring 1 Group Exercise Classes Begin

## February

17th-March 13th New Wellness Incentive -see app for details

## March

16th-20th Spring Break Group Exercise Schedule

16th-April 6th NCAA Bracket Challenge

23rd-Session 2 Group Exercise Classes begin

## April

6th-May 16th-6 Week Ironman/Half Ironman Challenge. Register in app

14th-Health and Wellness Fair 10:30-2:00 E130

## May

14th-End of session 2 Group Exercise Classes

**\*Look for posters, check the Facebook page, and use the app for information on incentives and events not listed above\***



We provide wellness programs and incentives that actively engage our academic community and foster health and wellbeing.

\*Our facility and group exercise classes are free for all students and staff, no guests allowed\*

## WELLNESS REWARDS

For every time you work out on your own, participate in a class, or event you'll receive a punch. Completed cards will be entered into a drawing for a duffle bag. The more cards you fill up, the more chances you have to win!



## WELL STUDENT SPOTLIGHT

The Fitness Center is now accepting nominations for the FVTC Well Student Spotlight. Each month, one student will be awarded for their efforts in maintaining a healthy and balanced life. Nomination forms can be picked up and submitted in the Fitness Center.



Room E170

### Hours of Operation

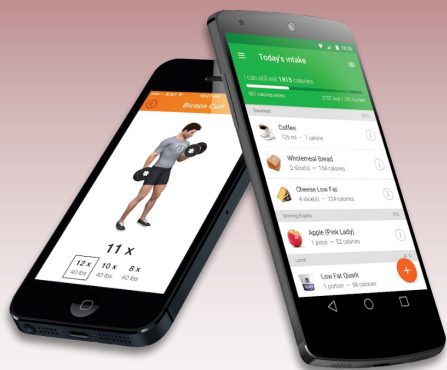
Monday- Friday: 7:00am-9:00pm

Saturday: 8:00am-4:00pm









## Get the Best Results!!

Join the online portal and download our free app



1. Request access by using the link on our website: [www.fvtc.edu/fitnesscenter](http://www.fvtc.edu/fitnesscenter)
2. Once your account is created search for FVTC Fitness Center in your app store.
3. Download the app and get started!

-  Activity Calendar
-  Training Plans
-  Log Nutrition
-  Track Progress
-  Join Groups
-  Participate in Challenges

## PROGRAMS

**Orientation:** A free one time, one hour appointment where you will learn about exercise recommendations and how to properly use the equipment. You will leave with a full body strength training routine personalized for you.

**GOAL Program:** Program designed to help you achieve the fitness levels you desire through a continually changing strength program. You will receive 1:1 attention every 6-8 weeks learning new exercises and proper technique to get you to your end goal. Can be scheduled after completion of orientation.

**Fitness Assessment:** Test your current fitness level to establish a baseline or track progress. Students get two free fitness assessments each semester. The Fitness Assessment includes body composition testing, blood pressure, 3 minute step test, push-ups, sit-ups, and sit & reach.

**Nutrition Consultation:** You can track your nutrition using the FVTC Fitness Center App and schedule an appointment to have it reviewed. You can also contact the Campus Care Clinic to schedule a FREE appointment with one of our onsite clinic team members. 920-735-5745 or at [www.mythedacare.org](http://www.mythedacare.org) This service is free and open to all students. Staff using the health insurance may also utilize this service.

**Wellness Check:** Knowing your health related numbers can be a motivational tool to help you reach your wellness goals. You will leave knowing your BMI, body fat percentage, weight, blood pressure, and resting heart rate.

**Group Exercise Classes:** A current group exercise class schedule can be found by going to [www.fvtc.edu/fitnesscenter](http://www.fvtc.edu/fitnesscenter) or by using the Schedule Tile in the app.

**Get involved by joining the Wellness Club!**

## POLICIES

- Only current FVTC students and staff are allowed to use the Fitness Center. **NO GUESTS ALLOWED.** You must have a key fob to enter the facility.
- Closed toe athletic shoes are required. No outdoor shoes allowed on the equipment. Please bring a clean pair to change in to.
- Shirts must be worn at all times. No crop-tops or sports bras.
- Refrain from dropping or slamming weights.
- Exercise at your own risk.
- No bags are allowed in the Fitness Center. Please leave them in the locker room or in a cubby by the Fitness Center desk.
- Wipe every machine after you are finished using the provided cleaning wipes.
- Re-rack all weights and put all equipment back in it's proper place when finished.

## CONTACT US:

Patti Lynn, BS, PT  
Wellness Coordinator

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Register for our app at  
[www.fvtc.edu/fitnesscenter](http://www.fvtc.edu/fitnesscenter)