

# Cincinnati Sports Club

## Youth Certification Fact Sheet

### A. Education

- Youth members must participate in both class sessions and pass the written exam to receive a certification.

#### **Class A – Wednesdays, 5pm – 6pm:**

##### **1. Club Etiquette and Facilities**

- Participants will learn rules and proper etiquette within fitness facilities throughout the Club.

##### **2. Cardio Equipment**

- Participant will activate the quick start and program setting; change machine speed, resistance, and slope on all designated machines.

##### **3. Circuit Room**

- Participant will learn how to change seat settings and weight settings on all machines in the X-Press room. Participant will do one set of five reps at the lowest weight setting on all machines to practice proper technique.

#### **Class B – Saturdays, 9am – 10am:**

##### **1. Life Fitness Equipment**

- Participant will learn how to change seat settings and weight settings on all Life Fitness machines. Participant will do one set of five reps at the lowest weight setting on all Life Fitness machines to practice proper technique.

##### **2. Exam**

- Upon completion of both educational sessions, members will be given a written exam. A score of 80% correct is required to receive a certification.

### B. Usage

#### **Designated Times**

- Any day, any time!

#### **Designation of Completion**

- Certified youth will sign-in at the fitness desk and be provided with a wrist band each day they wish to use the fitness floor.