



FITNESS

APPOINTMENTS

New Member Start Program

S.T.A.R.T. - Set Goals, Train and Reach your Target!
We are committed to helping you get the most from your Cedardale Membership. As a New Cedardale Member your first stop on your journey will be with a Wellness Coach. This meeting is all about you! You pick the type of session - Basic, Limited, or Comprehensive. Each one will get you STARTed on your path to success here at Cedardale.

Initial \$45
Annual (4 consults) \$90

Cardio Appointment

With many choices in cardio equipment, our Staff can help you learn the different programming options each piece has to offer. During this appointment you will test out 3 - 4 different pieces of Cardio based on your interests. We will also discuss target heart rate and the appropriate level for you on each machine.

HOIST Weight Equipment Appointment

Learn how to use the 12 pieces of our NEW Hoist Roc-It Selectorized equipment and get a full body strength training workout.

Please note these are equipment orientations, not exercise prescriptions. If you have medical issues or injuries which require specific exercise prescriptions, we recommend you schedule a START appointment or Personal Training.

PERSONAL TRAINING

Let our Trainers help you get to your goals. Personal Training is more than just teaching you how to do an exercise; it is about teaching you how to make permanent changes in your life so you can reach your goals. We will coach you on how to incorporate lifestyle changes based on your individual needs. At each 50 minute session we will cover topics such as food intake and nutrition, cardio training, strength training and flexibility, food supplementation, and most importantly we will discuss your progress in making those changes. All of Cedardale's Personal Trainers are certified and committed to providing you with the best possible service. We encourage you to go through our START Program to help you determine your starting point. The Wellness Coach can help match you with a Personal Trainer and the correct training package to help you reach your goals. For more information on Personal Training please contact Kelli Mokeler at kmokeler@cedardale-health.net

FITNESS EQUIPMENT

CARDIO

Precor:	AMT EFX	Upright Bike Recumbent Bike	Stretch Trainers
Cybox :	Treadmills	Arc Trainers	
StairMaster:	Stepmills	AirFit Bikes	Steppers
	Concept2 Rowers	Octane Lateral X	
	Matrix Ascent Trainer	Woodway Curves	
	Keiser Striders	StarTrac Espinners	
	Espresso Bikes	Jacobs Ladder	

STRENGTH - SELECTORIZED & FREE WEIGHT

FreeMotion Dual Cable Cross

12 Piece Hoist Roc-It Selectorized Weight Machines

Hammer Strength: Olympic benches, 2 Elite Half Squat Rack, Smith Machine, Flat, Decline, and Seated Bench, Fixed Barbell Set

Icarian 8 stack Multi Station

Iron Grip	Dumbbells	Olympic bars & plates
Vicore Seated and Leg Raise	Kettlebells	



MYZONE is the physical activity tracking system used by Cedardale that allows you to maximize the efficiency of your workouts, track your workouts and have some fun!

The MYZONE belt is a chest strap with a transmitter that measures with 99.6% accuracy your heart rate. This information is then displayed on various TV monitors throughout the club as well as on the MYZONE and other apps. It displays your heart rate zone, your heart rate, calories burned and MEPS - MYZONE Effort Points. Cedardale and MYZONE will run various challenges throughout the year with some really great prizes based on MEPS - this is where the fun comes in!

MYZONE Physical Activity Belts can be purchased at the Front Desk. Please email at Lori.Guile@cedardale-health.net with questions.

Fitness Questions:

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