

# Interested in Working Out Prior to 6am?

Here are your options at the NCK Wellness Center and the rules that go along with those options. I want to apologize for my lack of communication to you all on what was going on in the facility prior to the front desk/cardio/strength/pool area opening.

## Early Morning Group Exercise Classes

*Monday and Wednesday- 5:45-6:45 Lean & Mean with Kim*

Begin your day with a series of toning and strengthening exercises with weights, bands, and balls all performed continuously to keep your heart rate up for a maximum fat-burning workout!

*Monday, Wednesday, & Thursday- 5:00-6:00am- Cardio Blast with Cathy*

Fun variety of cardio - discover new ways to walk, jog, bike, and elliptical-ize!!!

*Tuesday & Friday- 5:15-6:15am- Morning Xtreme with Cathy*

Come join us for short bursts of intense cardio, mixed with weight training from head to toe!

## Early Morning Classes Participants Rules

1. Any member/guest wishing to participate in the early morning classes must be waiting at the door 5 minutes early.
2. Instructors will open the doors at 5 minutes till class time. Once all participants waiting outside are in, the instructor will lock the front doors and you will not be allowed to enter until the facility opens at 6am.
3. Members must scan their keytag on the computer, if you forget your keytag, you need to write your name on a sheet of paper, so the FD attendant can sign you in later.
4. Guests will be required to sign an informed consent BEFORE starting class. You will be required to pay following class due to daily paperwork that must be run by the front desk attendant prior to taking any new payments.
5. Office hours are 6am-9pm. If you need something from the front desk, you must wait until after class. The front desk attendant must get their opening procedures and paperwork done and be ready to open the front doors at 6am for the other members, so they cannot be interrupted! DO NOT leave membership dues checks on the front desk. Bring payments up after class (or anytime after 6am).
6. Only members/guests participating in the early morning class are allowed in the facility prior to opening at 6am. You may not come early to use any of the equipment/pool, but to participate in class only! Class members are to only use the specific equipment used during classes as instructed by the class instructor.
7. The front desk attendant will arrive early to get opening procedures/paperwork done. This does not mean as soon as they show up you may start using the equipment. **You must wait until 6am!**
8. Any member/guest who does not follow these rules will lose privileges of participating in the early morning classes.