



### FREE FIT TIP DAYS

**New Fitness Equipment Orientations** for the new arrivals including the Life Fitness Elliptical, Treadmill, Row Machine, the Octane X-Ride, Pro 4700, and Lateral X, Matrix and Spin Bikes. The NBCC Fitness Team would like to provide a quick overview on how to operate each piece.

Fitness team members will be available on the fitness floor to offer tips, machine demos and answer patron questions. You do not have to be a member, just drop in!

All patrons are welcome to attend these free 30-minute sessions. At the completion, participants receive 10% off any personal training service to be used within 5 days.

#### October 2015 Fit Tip Dates

Tues	10/13	Equipment Orientation	Jeanne Minder Personal Trainer	2:00-2:30 pm
Tues	10/13	Equipment Orientation	Patrice Atkinson Supervisor-Fitness	7:00-7:30 pm
Thurs	10/15	Equipment Orientation	Jeanne Minder Personal Trainer	1:30-2:30 pm
Thurs	10/15	Equipment Orientation	Patrice Atkinson Supervisor-Fitness	5:00-5:30 pm
Mon	10/19	Equipment Orientation	Jeanne Minder Personal Trainer	12:00-1:00 pm
Tues	10/20	Equipment Orientation	Heidi Sedlacek Supervisor-Membership	7:00-7:30 am
Wed	10/21	Equipment Orientation	Patrice Atkinson Supervisor-Fitness	8:30-9:00 am
Thurs	10/22	Equipment Orientation	Jeanne Minder Personal Trainer	12:00-12:30 pm
Thurs	10/22	Equipment Orientation	Heidi Sedlacek Supervisor-Membership	7:00-7:30 pm
Mon	10/26	Equipment Orientation	Jeanne Minder Personal Trainer	3:00-3:30 pm
Mon	10/26	Equipment Orientation	Patrice Atkinson Supervisor-Fitness	6:30-7:00 am
Tues	10/27	Equipment Orientation	Jeanne Minder Personal Trainer	1:00-1:30 pm
Tues	10/27	Equipment Orientation	Patrice Atkinson Supervisor-Fitness	5:00-5:30 pm
Wed	10/28	Equipment Orientation	Bill Bach Supervisor-Facilities	7:00-7:30 pm
Thurs	10/29	Equipment Orientation	Jeanne Minder Personal Trainer	2:30-3:00 pm

#### **Need more help with the "NEW" cardio machines?**

Fit Tip sessions above not enough, set up a personal one hour **Basic or Youth Orientation** by calling Jeanne Minder at 952-907-0669 **Now - October 31, at 50% OFF**. You pay just \$24.00 for an hour to get set up on your favorite machines.