



CARDIO AREA GUIDELINES & POLICIES

1. Engaging in any form of physical activity carries an increased risk of experiencing an event such as rapid heartbeat, dizziness, orthopedic injury, and in rare instances, stroke, sudden cardiac event, or even death. To minimize these risks, we encourage you to meet with one of our fitness professionals and receive the proper screening and orientation prior to engaging in any exercise.
2. If you have any health condition that would compromise your ability to participate in exercise, please see a fitness professional before participating.
3. A target heart rate chart and chart of perceived exertion is available on the wall to assist you with monitoring the intensity of your training.
4. General guidelines for engaging in cardiovascular training are as follows:
 - a. Choose a mode of activity that is comfortable and enjoyable.
 - b. Activities such as walking, jogging, biking, and elliptical training are all good modes for cardiovascular training.
 - c. Warm up for several minutes before actively starting your cardiovascular training.
 - d. The recommended time duration for cardiovascular training is between 20 and 60 minutes of continuous or intermittent training (bouts as short as 10 minutes).
 - e. The recommended intensity for cardiovascular training is between 40 and 85% of heart-rate reserve, with the recommendation for beginners being between 40 and 60%.
 - f. The recommended frequency for cardiovascular conditioning is 3 to 5 times per week, with the recommendation for beginners being a minimum of 2 times per week.
5. The cardiovascular area is supervised at peak hours only. If you need assistance or find a piece of cardio equipment not working properly, please leave a detailed MEMBER REQUEST form in the box provided.
6. In the event you need assistance, please talk to one of our fitness professionals.
7. In the event that you witness and/or experience an event that places you or another user in harm's way, please initiate the facility's emergency response system by using the nearest panic button located throughout the gym.
8. No food or drink other than water or sports performance drinks in plastic containers are allowed in this area.
9. Please respect your fellow members by wiping down the equipment when you have finished using it. Antibacterial wipe stations are located near the cardio area.
10. During periods of peak usage, please limit yourself to a maximum of 30 minutes on any one piece of equipment. If you need to perform more than 30 minutes of exercise, please make use of other equipment so that everyone is given an equal opportunity to pursue their fitness program.