

Equipment Rules

Spray bottles with disinfectant and paper towels are available to wipe down the machines after you have finished working out.

Equipment Time Limits

There is a 30-minute usage maximum with a 2-min cool-down period (when members and guests are waiting) on the cardiovascular machines

Fitlinxx

Fitlinxx is an interactive fitness network designed to make sure you get a personalized workout each and every time you exercise. The system is designed to give you instant feedback while you exercise on the fitness equipment and for your fitness coach to monitor your progress and help you reach your fitness goals. Each piece of equipment works on a specific muscle and is safe, effective and easy to use. Sign up now for an orientation. If you are a CRC member you can utilize Fitlinxx to track your workouts even if you don't normally use the Fitness Center by setting up an online account at www.fitlinxx.com. Ask a Fitness Coach or the Welcome Center for more information.

Using FitLinxx lets you:

- Exercise to a customized program geared to your goals, needs and constraints.
- Receive personalized support from your fitness instructor.
- Get immediate feedback on your precise exercise movements.
- Track your workout progress.
- Enhance your overall lifestyle at www.fitlinxx.com, where you can log workouts, find articles on health and fitness, wellness and nutrition, and view member success stories.