



CARDI-O-ORIENTATION SCHEDULE

Effective: April 30, 2014

Our Cardi-O-rientation program includes an Introduction to the new cardio equipment. We want to ensure that you are comfortable with using of all of the cardio equipment available for your use at the club and that you find the best ways to attain your goals.

You must sign up for a specific session in advance at the Front Desk. You may sign up for any of the sessions listed below as long as they are open (*Max 5 Participants per session*)

On the date of your confirmed session, please notify the Front Desk that you have arrived for your appointment and your Vision Trainer will meet you in the lounge.

We appreciate you notifying us prior to your session if you should need to cancel.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:45am-10:30am Janice S			10:00am-10:45am Siobhan O	
		11:00am-11:45am Maryellen M			11:00am-11:45am Fred V
5:30pm-6:15pm Janice S	5:30pm-6:15pm Chris T				

- Members and Guests Ages 16 years and older are welcome.
- Members and Guests Ages 15 years and younger have their own orientation and are not permitted to attend sessions on this schedule.
- Please inform the instructor if you are pregnant, have a medical condition or a change in medical condition.

Scheduled Cardi-O-rientation Date/Time: _____