



# THE SOUTHSIDE FITNESS CENTER

STATE COLLEGE AREA HIGH SCHOOL

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## Fitness Club Sign-Up for UPPERCLASSMEN

Student Name: \_\_\_\_\_ Student ID #: \_\_\_\_\_ Start Date: \_\_\_\_\_

All students are required to follow an approved training program while participating at the Fitness Center. Performing a well-designed exercise program is the most effective way to make progress towards your particular fitness goals. Fitness coaches are here to help you find the best workout for you and provide coaching and guidance during your workouts. Follow the checklist below to get started with your workouts:

◆ **Set personal fitness goals.** What do you want to accomplish through your training? Common goals include (check any that apply):

- Increase muscle mass
- Increase strength
- Improve cardiovascular endurance
- Improve mobility
- Improve speed
- Decrease Body Fat
- Increase muscular endurance
- Improve flexibility
- Improve agility
- Other \_\_\_\_\_

◆ **Workout Buddy.** Are you interested in or would you like help to find someone to workout with?

- Yes: Preferred method of contact: \_\_\_\_\_
- No

◆ **Set up a training schedule.** All sessions at the fitness center must be scheduled. Pick out a weekly schedule that you will be able to adhere to and is frequent and consistent enough to allow you to make progress. A minimum of two days per week of training is necessary to see improvement towards most fitness goals. Students who do not attend their scheduled sessions may be dropped from the schedule. Your goal should be to attend at least 90% of your scheduled sessions.

Weekly schedule:    Monday        Tuesday        Wednesday        Thursday        Friday

◆ **Choose a training program.** This may include strength training, cardiovascular exercise, and flexibility training as well as other training done in- or outside the fitness center. The fitness coaches can help you choose a program that coordinates all of your activities to ensure you make the most efficient use of your training time.

Program choice(s): \_\_\_\_\_

◆ **Consult with a fitness coach to set this up.** In addition, the fitness coaches perform daily consultations to help keep you on track and ensure that you are making progress.

Fitness Coach Approval: \_\_\_\_\_

◆ **Get Started!** You may begin once you have submitted a current school year fitness center permission form and completed this checklist. If you have any questions check with a fitness coach.