

WELCOME

**NORM'S XTREME FITNESS
MEMBER
HANDBOOK**

**HEALTHY LIFE STYLES
THROUGH
FITNESS AND NUTRITION**

**YOUR BODY IS GOD'S GIFT TO YOU,
WHAT YOU MAKE OF YOURSELF,
IS YOUR GIFT TO GOD.**

GENERAL INFORMATION

CLUB HOURS:

Monday – Thursday	4:00 am to 11:00 pm
Friday	4:00 am to 8:00 pm
Saturday	8:00 am to 4:00 pm
Sunday	11:00 am to 4:00 pm

FREE NEW MEMBER ORIENTATION:

With every new membership, a trained staff employee will provide a basic program and instruction on how to use the circuit machines. The circuit machines will provide you a total body workout.

An orientation appointment may be made or any staff member available will be happy to work with you.

Circuit workout tracking sheets and blank workout tracking sheets are available at no additional charge. Just ask at the front desk.

GYM DRESS CODE:

We are a coed gym. Men are to wear a shirt at all times. Otherwise, clothing selection is up to you, as long as it is gym appropriate wear.

SIGN-IN

Members will be issued either a scan card (EFT) or an “In Club” membership card. When entering the gym for your workout, please either sign in or scan in.

TOWELS:

“Sweat towels” are provided at no charge.
Large shower towels are rented at \$.50 each.

POLICY ON CHILDEN: (NON MEMBERS 13 AND UNDER)

Children are welcome. They are the parent's responsibility. They are not to be in the equipment area or use the equipment. Videos are available (spin cycle class area) that they are welcome to watch when classes are not in session. They may also play in the aerobic area during non-class times.

LOCKER USAGE:

Lockers are provided for your convenience. Day locker usage is free. Feel free to bring your own lock. Clothing and locks are to be removed at the end of your workout. If your lock is left on the locker, a monthly locker fee will be assessed.

Lockers are available for a \$5.00 per month fee. If a locker has not been paid for by the 5th day after due date, the lock will be removed and the contents will be held for 15 days. If the contents have not been claimed after 15 days, they will be given to a charity.

ASSOCIATED GYMS:

Members are allowed free use of associated gym, limited to 2 uses per week. The following gyms are available for your use:

Madras Fitness Center, Madras, OR

PRODUCTS:

Norm carefully selects the best quality products for his members, specializing in **MAX MUSCLE** products. Available at the front desk are:

Training aids: Lifting gloves and weight belts. Other items can be specially ordered just for you.

Protein Powder: (Whey)

Whether you are looking to build muscle, loose body fat or stay healthy in general, you need protein. The recommendation is 1 gram per lb. of body weight and no less than 60% of your body weight.

Creatine:

Supplementing with creatine allows your phosphocreatine stores to replenish faster, allowing muscle contractions to continue at peak levels.

Drinks: Kept in the cooler for you are sports drinks and water.

PLEASE FEEL FREE TO ASK STAFF FOR HELP WITH ANY OF YOUR QUESTIONS OR CONCERNS.

SPECIAL FEATURES:

SAUNA:

The infrared thermal sauna is available for an additional monthly fee. Non-members may purchase a punch card. Benefits of the sauna:

- Can help burn 900 – 1,200 calories in just one 30 minute session;
- Helps skin conditions including acne, eczema, psoriasis, burns, scars;
- Helps prepare cellulite for the body's energy consumption;
- Effective in reduction of pain from arthritis, back pain and muscle spasms
- Aids in cardiovascular conditioning.

More detailed information is available at the front desk.

Instructions for use are posted on the sauna door.

Reservations for the sauna are encouraged. Otherwise, usage depends on availability.

TANNING:

The tanning bed is available for an additional monthly fee. Non-members may purchase a punch card.

- Certified eye protection must be worn during all sessions.
- Tanning time is limited to the manufactures' recommendation.

Reservations for the tanning beds are encouraged. Otherwise, usage depends on availability.

TANNING LOTIONS AND EYE PROTECTION GOGGLES ARE AVAILABLE FOR SALE AT THE FRONT DESK.

PERSONAL TRAINING:

Get the most out of your time in the gym with the assistance of a *certified personal trainer*.

A personal trainer will keep you on track with the goals that you have set for yourself; customize and keep your workout interesting and productive. Personal training is available on an individual basis or in groups of up to four.

See the front desk for further information.

GOAL SETTING AND MONTHLY TRACKING:

Begin your membership with a clear starting point and set your goals.

One on one session with a certified person trainer:

- Weight and measure
- Body fat analysis
- Diet consultation

See the desk for fees.

Body fat analysis is available. See the desk for fees.

GETTING THE MOST FROM YOUR MEMBERSHIP:

Weight training benefits:

- Weight training increases the strength of your connective tissues, muscles and bones.
- It increases muscle mass, helping your body burn more calories so weight maintenance becomes easier.
- It increases your general strength, making daily tasks easier to perform.
- Your body becomes more defined and toned.
- It decreases the risk of bone loss as you age.

Beginning weight training program:

- Train 2-3 times per week, training your full body in one session.
- If training daily, rotate workouts between the upper and lower body.
- Be sure to warm up for 5 – 10 minutes prior to weight training. Eg. Use the treadmill, stair stepper or recumbent bike.
- Rest after every set approximately 1 minute or as long as it takes to recover from the previous set.

