



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HIIT ZONE/CARDIO FAQ's

1. What is HIIT?

- High Intensity Interval Training. A fast and effective way to burn fat and gain lean muscle mass
- The equipment is designed to maximize your workouts and give you the most effective training time.

2. Where will the HIIT Zone be located?

- Downstairs in the Lower Level Fitness Area outside the Cycle Zone

3. How do I use the new equipment properly and learn about new features?

- During the week of "Find Your Fit," there will be various classes offered in a small group setting (up to 6 people) to learn about the usage and features.
- HIIT Zone FYF Week: January 22nd–28th
- New Cardio Equipment FYF Week: January 29th–February 4th

4. Why are we upgrading the cardio room?

- To stay current and offer the state-of-the-art equipment
- To remain competitive and make it easier and convenient for people to reach fitness goals through advanced technology

5. When is this equipment coming to the Y?

- Estimated delivery date is January 5th & 6th
- Areas of the Y will be closed during this time for installation

6. Can I do HIIT training if I have prior injuries and/or joint issues?

- Yes, you can but medical clearance is recommended.

7. Is there an additional fee to use the new equipment or attend the classes?

- There is no additional cost. Classes are included in your membership. Space is limited to 6 people per class. Online registration is required.

8. Do I have to take a HIIT Zone class to use this equipment?

- No, this equipment will be available for members to use outside of scheduled classes

9. Do I have to be a member to take the classes?

- Yes, you must be a member to take the classes. Community Members or Nationwide Members are not eligible.

10. What is the age minimum to use HIIT Zone or take a class?

- 14 years old. 12 & 13 year olds can use equipment after completing Youth Fitness Orientation



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IC7 Bikes FAQ's

Introducing our new CYCLE ZONE coming in 2024

2. Why are we getting new bikes?

- We are excited to upgrade our bikes to remain competitive with the current cycling trends. Having the RPM monitors allows the rider and our instructors the ability to better instruct and as well as for our members to train on them.

3. What kind of bikes will be coming?

- We will have 18 award-winning, state-of-the-art ICG IC7 Indoor Cycle bikes. These bikes combine a new sleek design, with a two-stage drivetrain and an engaging digital experience. An extremely accurate WattRate Direct Power Meter, Coach by Color intensity guide for user and instructor, and precise 300-degree magnetic resistance make the IC7 a one-of-a-kind indoor cycle. There will be 2 full color screens that will display your training intensity and view valuable training data such as watts, heart rate, RPMs, exercise duration and resistance level.

4. How will I learn about all these new features?

- Our team will be offering classes for members to sign up and an introductory 30-minute class, during FIND YOUR FIT week.
- Cycle Zone FYF Week: January 15th–21st
- Online registration is required
- Regular class schedule begins January 22nd. Online registration is required.

5. Is there an extra cost for these classes?

- There is no additional cost. These classes are included in your membership. Space is limited to the number of bikes and online registration is required 23 hours prior to reserve your spot. Cycle classes are for members only.

6. Do I have to be a member to take the classes?

- Yes, you must be a member to take the classes. Community Members or Nationwide Members are not eligible.

7. What is the age minimum to take a Cycle Zone class?

- 16 years old