

## Fitness Room



### Open to VIP participants

Requirements: VIP participation, Orientation & Liability Waiver Form.

The ACC recently enhanced the fitness program by adding three new pieces of exercise equipment: A Total Body Re-cumbent Elliptical, Treadmill, and an Upper Body Ergometer. The Sci-Fit Elliptical Trainer is a user friendly whole body cross trainer that gives one a natural total body movement that creates a true-to-life walking cadence. The footbeds help to improve circulation and eliminates hot spots and numbness and it optimizes torso rotation and core muscle recruitment for a weight-bearing total body workout. The Elliptical provides a safe and easy entry for progression to weight-bearing elliptical motion.

Don't wait! Contact the ACC for more information.

Source URL (retrieved on 08/23/2017 - 11:49pm): <http://www.ci.oswego.or.us/acc/fitness-room>