

# FC FIT CLUB

The FC Fit Club is a part of the Freshman Center Health & Wellness Program. It originally began in 2005 as a goal and saw its completion and dedication on January 2, 2007. The FC Fit Club is open to all Freshman Center staff. Due to insurance no family or friends will be allowed to use the FC Fit Club.

FC Fit Club is available during open building hours

## FC FIT CLUB Facilities include:

Personal Trainer (Shawn Roderick)

3 Elliptical Machines with heart monitors

2 Treadmill Machines with heart monitors

1 Recumbent Bike

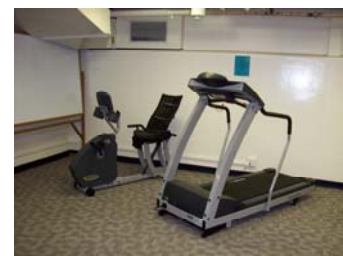
Dumbbell & Weight Lifting Equipment

Sit Up Bench

Exercise Balls

Core Training equipment

TV with DVD/VCR



## Shawn Roderick's Hours in the FC Fit Club

Monday 9:00 – 12:00

2:00 – 4:00

Wednesday 9:00 – 12:00

2:00 – 4:00

Friday 9:00 – 12:00

*To set up a personal training session with Shawn you can*

- Call him at FC ext 367
- Email him at [sroderick@bssd.net](mailto:sroderick@bssd.net)
- Stop in and see him