

Name \_\_\_\_\_ Section \_\_\_\_\_ Date \_\_\_\_\_



## WELLNESS WORKSHEET 75

### Getting to Know Your Fitness Facility

---

To help create a successful training program, take time out to learn more about a fitness facility on your campus or in your community.

#### Basic Information

Name and location of facility: \_\_\_\_\_

Hours of operation: \_\_\_\_\_

Times available for general use: \_\_\_\_\_

Times most convenient for your schedule: \_\_\_\_\_

Can you obtain an initial session or consultation with a trainer to help you create a program? \_\_\_\_ yes \_\_\_\_ no

If so, what does the initial planning session involve? \_\_\_\_\_

Are any of the staff certified? Do any have special training? If yes, list/describe: \_\_\_\_\_

What types of weight training equipment are available for use? \_\_\_\_\_

Are other types of equipment available, such as treadmills or stair-climbers for the development of cardiorespiratory endurance? If so, briefly list/describe: \_\_\_\_\_

Are any group activities or classes available? If so, briefly describe: \_\_\_\_\_

**Yes    No**

\_\_\_\_    \_\_\_\_    Is there a fee for using the facility? If so, how much? \$\_\_\_\_\_

\_\_\_\_    \_\_\_\_    Is a student ID required for access to the facility?

\_\_\_\_    \_\_\_\_    Do you need to sign up in advance to use the facility or any of the equipment?

\_\_\_\_    \_\_\_\_    Is there typically a line or wait to use the equipment during the times you use the facility?

\_\_\_\_    \_\_\_\_    Is there a separate area with mats for stretching and/or cool-down?

\_\_\_\_    \_\_\_\_    Do you need to bring your own towel?

\_\_\_\_    \_\_\_\_    Are lockers available? If so, do you need to bring your own lock? \_\_\_\_ yes \_\_\_\_ no

\_\_\_\_    \_\_\_\_    Are showers available? If so, do you need to bring your own soap/shampoo? \_\_\_\_ yes \_\_\_\_ no

\_\_\_\_    \_\_\_\_    Is drinking water available? (If not, be sure to bring your own bottle of water.)

Describe any other amenities, such as vending machines or saunas, that are available at the facility.

\_\_\_\_\_  
\_\_\_\_\_

(over)

WELLNESS WORKSHEET 75 — continued

**Information About Equipment**

Find out more about the specific weight training equipment available at your local fitness facility, and use this information to help create a specific strength training program. Fill in the equipment and exercise(s) you can use to develop each of the following major muscles and muscle groups; for example, the muscles in the upper back can be worked by doing lat pulls on a lat pull machine or station. In many instances, one exercise can be used to develop several muscles. If you would like to incorporate additional exercises for other muscles, list those in the bottom portion of the chart. (Information about the equipment, exercises, and muscles worked may be available in writing near each piece of equipment and/or from the facility’s staff.)

Muscles and muscle groups	Equipment	Exercise(s)
Chest		
Shoulders		
Upper back		
Front of the arms (biceps)		
Back of the arms (triceps)		
Buttocks		
Front of thighs (quadriceps)		
Back of thighs (hamstrings)		
Calves		
Abdomen		
Lower back		
Neck		