

## Weinberg Health & Fitness Center Renovation FAQ

The current renovation to our fitness center involves many changes in its look and feel, including layout, flooring and equipment. Our goal is to provide an up-to-date experience that will benefit members at all fitness levels. As this process is being completed in phases, there will be times when equipment is temporarily located before being placed in its permanent location. We appreciate your patience during this process. We will keep you informed as part of our weekly e-blast. Below are answers to some frequently asked questions since the renovation began.

### 1. Why Turf?

Turf is no longer just associated with outdoor football, soccer and baseball fields. Synthetic turf has become very popular for indoor fitness as well. Turf offers valuable benefits for indoor functional training and HIIT workouts (see explanations below). Many JCC and commercial fitness centers, including our local competitors, have moved installed a turf surface in part of their centers.

#### a. What are the benefits?

Turf is durable, shock-absorbent, versatile, simple to maintain and safe.

#### b. How will the turf space be used?

The turf area is being used to create a functional fitness area with equipment and space that will better enable our members to focus on developing core stability and strength to enhance everyday life. This space will also accommodate HIIT workouts.

#### c. How will it be kept clean and sanitary?

Unlike hardwood or rubber floors, there are no time-consuming cleaning or maintenance requirements. Turf is simple to clean and disinfect.

### 2. What is Functional Training or HIIT (High Intensity Interval Training)

Functional training is an exercise or series of exercises that require you to balance while using multiple joints and muscle groups that incorporate some level of instability. Most functional training exercises involve little to no machine assistance because machines typically isolate one muscle at a time and the range of motion is performed in a fixed manner. Functional training targets core muscles of the abdomen and the lower back. Perfect for all ages, functional training is great for everyday people because many of the movements are very similar to everyday life activities.

High Intensity Interval Training (HIIT) involves cardiovascular exercise that alternates between short periods of intense exercise with less intense recovery periods. HIIT improves athletic capacity and condition.

### 3. Equipment Spacing and Alignment Concerns:

All equipment spacing and alignment will be finalized by the end of September. Final placement will assure that equipment is adequately spaced for safe access. Thank you for being patient while we are reorganizing.

#### **4. Phasing of the Renovation:**

The cardio floor, functional area and the weight rooms will be complete and the equipment will be in their designated spots over the next 2-4 weeks.

Remaining in Phase I:

1. *Gym Rax* that allow for storage and functional exercises will arrive in September.
2. *Dual Adjustable Pulley/Cable Machine* will arrive in September.
3. The doorway to the old racquetball court (new weight room) will be opened up by the end of December 2018.
4. The third weight room will be transformed into a spin studio by the end of December 2018.

#### **5. Who did you consult on the Fitness Center Renovations?**

The process for deciding what the fitness center renovations were going to take place included the following:

- Recommendations from our fitness consultant to keep pace with what they are doing and seeing in other fitness centers.
- Current personal trainers were surveyed and reviewed the renovation plans.
- A fitness advisory committee made up of members and board members, who are active users of the fitness center, reviewed and approved the renovation plans.
- Following completion of the renovations, we will offer a survey to all members to evaluate the changes and ask for suggestions for future upgrades to the fitness center.

#### **6. Why did you put new equipment on an area of the floor where you know the roof leaks?**

The campus engineering and maintenance group is working to eliminate the leaks.

#### **7. Why did you not widen the door on the racquetball court?**

We are widening the door! We will be opening up the wall by the end of December 2018.