



# Fitness Center Orientation

The Fitness Center Orientation is an opportunity for new Rio Vista Recreation Center pass holders to get a better understanding of what the Fitness Center has to offer. The FCO is not intended to be a workout, but an orientation to the Rio Vista Fitness Center and a basic introduction to how to set up and use the equipment. This orientation is offered all the time; any Floor Monitor is available and trained to take you through this at your convenience.

The following is included with the FCO

## **Tour of Fitness Floor:**

- Fitness Desk
- File with workout cards, clipboards, etc.
- Group Exercise/Dance Studios
- Accessories – stability balls, resistance bands, balance boards, stretching mats
- Equipment Wipes
- Reading racks for equipment
- TV audio
- Upstairs restrooms
- Cubby usage

## **Demonstration of Equipment:**

- Cardio equipment
- Circuit training
- Accessory strength training equipment including: Dual-Pulley cable, 8-station Cable Crossover, Assisted Chin/Dip, and the Smith Machine and Leg Press Plate-loaded pieces
- Free weights: Olympic Bench, Bicep Curl bench, Barbells and Dumbbells

If you'd like more information about the FCO please contact Tracy DeBerge, Recreation Coordinator for Fitness, at [tracy.deberge@peoriaaz.gov](mailto:tracy.deberge@peoriaaz.gov) or 623-773-8600