

Equipment Introductions (Schedule for the 1st Week only):

IMPORTANT: You cannot attend an equipment introduction or an assessment introduction without an FWC folder pack in hand (purchase at LBCC bookstore or at the Viking Express). You must complete equipment introductions (one strength and one aerobic) before you can workout in the FWC.

Strength Equipment—M,W,F (pick one)



Monday:	11 a.m. 6-7 p.m.
Wednesday	8-9 a.m. 11 a.m. - 12 p.m. 6-7 p.m.
Friday	9-10 a.m.

Aerobic Equipment—T,Th,Sa (pick one)



Tuesday:	8-9 a.m. 11a.m. – 12 p.m.
Thursday	8-9 a.m. 11a.m. – 12 p.m. 5-6 p.m.
Saturday	8:30-9:30a.m.