

## NCC Fitness Center

The NCC Fitness Center has re-opened in brand new facilities on the ground level of the West Campus building in room W005. Although the facility is smaller than the previous one, it is now in an air conditioned room with almost all the equipment from the old facility reinstalled. In addition, there are two separate air conditioned and fully equipped studio rooms for classes.

Beginning this semester LLI membership cards will not be accepted as a valid ID. To use the Fitness Center you will need to have your NCC photo ID card with you every time you enter the facility. To get a photo ID card, go to the Baker Library on the East Campus and present your LLI membership card at the Circulation Desk. A photo ID is required to handle emergency situations quickly. A defibrillator is onsite and staff members are trained in its use.

First-time users must submit a completed Physical Activity Readiness Questionnaire, available from any staff member, before using the center. Appropriate workout attire must be worn—sneakers and shorts and t-shirt or warm-up suit. Street clothes are not allowed. A coat rack and small lockers for personal belongings (you must use your own lock) are available just outside the center. The use of a lock is highly recommended.

If you do not have experience using the cardio and resistance equipment, a staff member will give you the proper orientation. A fitness assessment is also available; based upon the results an exercise program will be developed for you. Please remember—all this is free if you are an LLI member!

Fitness Center hours are Monday through Thursday from 9:00 AM to 7:00 PM. The center is closed on Tuesdays and Thursdays from 3:50-5:00 PM for the Weight Training class and it is closed from Friday through Sunday.

NCC Physical Activity Courses suitable for LLI members offered this semester are:

### Senior Fitness

- Senior Fitness (HPE 151)
- Chair Aerobics (HPE 111E)

### Dance

- Latin Dance (HPE 279A)
- Ballroom Dance (HPE 270)

### Mind & Body:

- Yoga (HPE 260)
- Tai Chi (HPE 135C)

Each course lasts ten weeks and ranges from 50 to 80 minutes long. If you are 62 years of age or older the

courses are tuition-free. Of course, openings must be available in the class to register. Please consult the NCC website—[www.ncc.commnet.edu](http://www.ncc.commnet.edu), click on Registration and then click on Course Search.

If you need further information please contact either Ty Griese by phone at 857-7195 (email [tgriese@ncc.commnet.edu](mailto:tgriese@ncc.commnet.edu)) or Paul Gallo at 857-7194 (email [pgallo@ncc.commnet.edu](mailto:pgallo@ncc.commnet.edu)), who are eager to be of assistance to our members.

*Gil Herman*



William Clukies  
Bench  
Pressing



Carol Wrigley  
doing  
Abdominal  
Crunches



Jackie Curtis  
on the  
Stationary  
Bicycle

Thank you André Guilbert for these great pictures.