

## Week A

	Monday	Int.	Tuesday	Int.	Wednesday	Int.	Thursday	Int.	Friday	Int.
<b>5-9am</b>	Star Trac Bikes		Star Trac Bikes		Arc Trainers		Arc Trainers		Matrixs Ellipicals	
	clean windows & sills		Vacuum air vents		Mid Row		Mid Row		Preacher Curl	
	Lateral Raise		clean windows & sills		Lower Back		Lower Back		V Triceps Extension	
	Rotary Torso		Lateral Raise		Vertical chest press		Vertical chest press		AMT	
	detail cycles after class		Rotary Torso		Rear delt/Peck fly		Rear delt/Peck fly		detail cycles after class	
					detail cycles after class		detail cycles after class			
<b>9-12pm</b>	W. Treadmills		W. Treadmills		Abd & Add		Cybex Abd & Add		Arc Trainers	
	M. & P. Treadmills		M. & P. Treadmills		P. EFX		P. EFX		Mid Row	
	Gravitron		Gravitron		Lifefitness bikes		Lifefitness bikes		Lower Back	
	Overhead press		Overhead press		Leg extension		Leg extension		Vertical chest press	
					Lat Pulldown		Lat Pulldown		Rear delt/Peck fly	
							detail cycles after class			
<b>12-2pm</b>	Abd & Add		Abd & Add		W. Treadmills		W. Treadmills		Abd & Add	
	P. EFX		P. EFX		M. & P. Treadmills		M. & P. Treadmills		P. EFX	
	Lifefitness bikes		Lifefitness bikes		Gravitron		Gravitron		Lifefitness bikes	
	Leg extension		Leg extension		Overhead press		Overhead press		Leg extension	
	Lat Pulldown		detail cycles after class				detail cycles after class		Lat Pulldown	
<b>2-4pm</b>	Seated Calf		Seated Calf		Star Trac Bikes		Star Trac Bikes		Seated Calf	
	Leg press		Leg press		Vacuum air vents		Vacuum air vents		Leg press	
	leg curl		leg curl		clean windows & sills		clean windows & sills		leg curl	
	both abdominals		both abdominals		Lateral Raise		Lateral Raise		both abdominals	
			Lat Pulldown		Rotary Torso		Rotary Torso			
<b>4-6pm</b>	Arc Trainers		Arc Trainers		Matrix Ellipicals		Matrix Ellipicals		Star Trac Bikes	
	Mid Row		Mid Row		Preacher Curl		Preacher Curl		Vacuum air vents	
	Lower Back		Lower Back		V Triceps Extension		V Triceps Extension		clean windows & sills	
	Vertical chest press		Vertical chest press						Lateral Raise	
	Rear delt/Peck fly		Rear delt/Peck fly		AMT		AMT		Rotary Torso	
<b>6-8pm</b>	Matrix Ellipicals		Matrix Ellipicals		Abd & Add		Abd & Add		W. Treadmills	
	Preacher Curl		Preacher Curl		P. EFX		P. EFX		M & P. Treadmills	
	V Triceps Extension		V Triceps Extension		Lifefitness bikes		Lifefitness bikes		Gravitron	
	Vacumm Nautilus area		Vacuum Nautilus area		Leg extension		Leg extension		Overhead press	
	AMT		AMT		Lat Pulldown		Lat Pulldown		Vacuum Nautilus Area	
					Vacuum Nautilus Area		Vacuum Nautilus Area			

\*Detail EFX, Arch, treadmills and AMT on an hourly basis\*

## Week B

	Monday	Int.	Tuesday	Int.	Wednesday	Int.	Thursday	Int.	Friday	Int.
<b>5-9am</b>	Martixs Ellipicals		Arc Trainers		Star Trac Bikes		Martixs Ellipicals		Arc Trainers	
	Preacher Curl		Mid Row		clean windows & sills		Preacher Curl		Mid Row	
	V Triceps Extension		Lower Back		Lateral Raise		V Triceps Extension		Lower Back	
	AMT		Vertical chest press		W. Treadmills		AMT		Vertical chest press	
	detail cycles after class		Rear delt/Peck fly		detail cycles after class		Lat Pulldown		detail cycles after class	
							detail cycles after class			
<b>9-12pm</b>	Arc Trainers		Cybex Abd & Add				Arc Trainers		Cybex Abd & Add	
	Mid Row		P. EFX		M & P. Treadmills		Mid Row		P. EFX	
	Lower Back		Lifefitness bikes		Gravitrn		Lower Back		Lifefitness bikes	
	Vertical chest press		Leg extension		Overhead press		Vertical chest press		Leg extension	
	Rear delt/Peck fly		Lat Pulldown		Rotary Torso		Rear delt/Peck fly		Lat Pulldown	
<b>12-2pm</b>	Abd & Add		W. Treadmills		Abd & Add		Abd & Add		W. Treadmills	
	P. EFX		M & P. Treadmills		P. EFX		P. EFX		M & P. Treadmills	
	Lifefitness bikes		Gravitrn		Lifefitness bikes		Lifefitness bikes		Gravitrn	
	Leg extension		Overhead press		Leg extension		Leg extension		Overhead press	
	Lat Pulldown		detail cycles after class		Lat Pulldown		detail cycles after class		Rear delt/Peck fly	
<b>2-4pm</b>	Seated Calf		Star Trac Bikes		Seated Calf		Seated Calf		Star Trac Bikes	
	Leg press		Rotary Torso		Leg press		Leg press		Vacuum air vents	
	leg curl		clean windows & sills		leg curl		leg curl		clean windows & sills	
	both abdominals		Lateral Raise		both abdominals		both abdominals		Lateral Raise	
									Rotary Torso	
<b>4-6pm</b>	Star Trac Bikes		Martixs Ellipicals		Arc Trainers		Star Trac Bikes		Martixs Ellipicals	
	Vacuum air vents		Preacher Curl		Mid Row		Lat Pulldown		Preacher Curl	
	clean windows & sills		V Triceps Extension		Lower Back		clean windows & sills		V Triceps Extension	
	Lateral Raise				Vertical chest press		Lateral Raise			
	Rotary Torso		AMT		Rear delt/Peck fly		Rotary Torso		AMT	
<b>6-8pm</b>	W. Treadmills		Abd & Add		Martixs Ellipicals		W. Treadmills		Abd & Add	
	M & P. Treadmills		P. EFX		Preacher Curl		M & P. Treadmills		P. EFX	
	Gravitrn		Lifefitness bikes		V Triceps Extension		Gravitrn		Lifefitness bikes	
	Overhead press		Leg extension		Vacuum Nautilus area		Overhead press		Leg extension	
	Vacuum Nautilus Area		Lat Pulldown		AMT		Vacuum Nautilus Area		Lat Pulldown	
			Vacuum Nautilus Area						Vacuum Nautilus Area	

\*Detail EFX, Arch, treadmills and AMT on an hourly basis\*

Closing Procedures Cardio Room
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Date

Tasks

Mon

Tues

Wed

Thur

Fri

Sat

Sun

Disinfect all pads

All purpose cardio mats

Turn off all TV

Pull off Woodway magnets

Vacuum floor

Incline all treadmills, vacuum under front and back of treadmill

Straighten all electrical cords

Detail any equipment in need of it.

*(Pay attention to low lying frames and foot pedals and tracks)*

Organize Magazine Racks

Empty trash, replace gym wipes if needed

Turn in any items left in cubbies to lost & found

Turn off lights

Dispose of daily newspaper

## Weekend

	Saturday	Int.	Sunday	Int.
<b>8-9am</b>	Dust electrical outlets			
	straighten all electrical cords			
	All purpose all cardio equip mats			
<b>9-12pm</b>	Wet lube guide rods			
	Clean tracks of all EFXs			
	Windex mirrors in cardio			
	detail cycles after class			
<b>12-2pm</b>			Vacuum vents in cardio	
	dust and clean cardio cubbies		Windex all TVs	
	Disinfect water fountain		All purpose EFX foot peddles	
<b>2-4pm</b>	Detail bikes in cycle stu.		check & change vacuum bags	
	Dust alcove shelves		Stainless steel spray wipe/trash cans	
	Dust cyber desk		dust all wood trim in cycling room	
<b>4-6pm</b>	Dust window blinds and sills		Organize cardio storage room	
	Wipe & straighten alcove chairs		Disinfect all trash cans	
	Wipe down all equipment mats		disinfect basketballs & volleyballs	
	Wipe down all cycle mats			
<b>6-8pm</b>	Detail JB chairs and counter		Dust & wipe down pop machine	
	Disinfect medicine balls		Windex mirrors in cardio	
	Dust WOW computer stations		Detail Scale and wooden calf block	
	Fill Dis/AP bottles		All purpose all bike mats in cycling stu.	
			detail cycles after class	
	Vacuum Nautilus Area		Vacuum Nautilus Area	