



## COOPER QUEST WEEK MAY 13-17

Knowing your Cardiovascular Fitness level is key to setting fitness goals and making improvements in your health. Schedule your 20-minute **Cardiovascular Fitness assessment** today!

- May 13: 6-11 a.m. | 3-7 p.m.
- May 14: 6-11 a.m. | 2-5 P.M.
- May 15: 6-11 a.m. | Noon-2 p.m. | 3-5 p.m.
- May 16: 6-11 a.m. | 3-7 p.m.
- May 17: 6-11 a.m.

Remember, participate in each Cooper Quest Week—offered once a quarter—and you'll achieve a complete score by the end of the year and earn an extra reward!

For those who were unable to complete their Functional Fitness assessment in February, limited appointments will be available during Cooper Quest Week.

## EVENTS

### Kickstart Your Heart Challenge, May 13-June 21

Put your fitness to the test in our six-week Kickstart Your Heart challenge.

- Complete your Cardiovascular Fitness test
- Track your exercise—accumulating 150 minutes of exercise or 300 Myzone® Effort Points each week
- Check your blood pressure at least three times throughout the challenge
- Complete a re-test to re-assess your Cardiovascular Fitness level

Tracking forms must be submitted by June 28 to earn a prize!

### Myzone® Zone Match Cycle Classes, May 6-10

*Kris Flabiano, Group Exercise Instructor*

Take a spin on our new bikes in the Cycle Studio and experience results using Myzone heart rate tracking. On your ride, you'll work to achieve various levels of intensity—based on the heart rate zones—as well as learn about on-demand cycling classes also available in the studio. A Myzone heart rate monitor is not required to participate.

- Monday, May 6: 11:30 a.m.-12:30 p.m.
- Tuesday, May 7: 7:15-8 a.m.
- Wednesday, May 8: 5-5:45 p.m.
- Thursday, May 9: 5:30 - 6:15 p.m.



Register for events on the Cooper Quest web page, on the CFC Member App or at the Service Desk.