









# **UNPLUG** TO **RECHARGE**



## **POWER DOWN YOUR CELL PHONE AND POWER UP YOUR WORKOUT.**

For your safety and privacy, please observe the following cell phone usage guidelines:

- |   |  |
|---|--|
|  CFC Member App        |  Taking video         |
|  Myzone®               |  Taking photos        |
|  Music with headphones |  Speaker phone        |
|  Fitness apps          |  Phone or video calls |

For more information, please see an associate at the Service Desk or visit, [cooperfitnesscenter.com/Members](https://cooperfitnesscenter.com/Members)



**Cooper Fitness Center™**  
A COOPER AEROBICS COMPANY

