



COOPER QUEST WEEK

February 10-14

Knowing your numbers is key to maintaining good health. Through the Cooper Quest Blood Work Body and Composition assessments you'll gain insight into your health risks and have a baseline for improvement.

Blood Work - 10-minute session
Finger prick test; fasting for 10-12 hours required
February 10-14, 6-11 a.m.

Body Composition - 5-minute session
No appointment required
Body mass index (BMI) and body fat percentage measured
February 10: 6-11 a.m. | 4-7 p.m.
February 11: 6-11 a.m. | noon-2 p.m. | 4-6 p.m.
February 12: 6-11 a.m. | noon-2 p.m.
February 13 & 14: 6-11 a.m.

EVENTS

Spring Training Challenge

Batter up! It's time to get your workout into full swing. Achieve the exercise goal—1,010 minutes of exercise or 2,020 Myzone® Effort Points—and complete 24 training activities to earn a prize. Pick up a tracking form in the lobby.

February 10-March 22

Scorecard Distribution Days

Keeping score is a good thing! Pick up your Cooper Quest Scorecard showing your Blood Work and Body Composition results.

Tuesday, February 18, 4-6 p.m.

Wednesday, February 19, 11 a.m.-1 p.m.

Thursday, February 20, 6-9 a.m.

Intro to BODYSHRED

Burn fat and build lean muscle in BODYSHRED. The high-intensity and endurance-based 30-minute workout utilizes Jillian Michael's 3-2-1 interval format: 3 minutes strength, 2 minutes cardio, 1 minute ab work.

Tuesday, February 25, 8-8:30 a.m.

Aerobics Studio



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