

Fitness Room by Reservation only
Limited to 4 members including the monitor
1-hour sessions
Available Monday, Wednesday & Friday
Masks are required at all times

How to Schedule on the Cape George Fitness Center Calendar

- Click on this link: <https://teamup.com/ksxc9z9tz894cjgts8>
- You will be taken to the schedule.
- If you are a member wanting to use the Fitness Center, you will schedule on the green column.
- If you are a trained monitor, you will schedule your time on the blue Monitor column. Your time slot is for 1 ½ hours, 15 minutes prior and 15 minutes after the member time slot.
- **Monitors are still needed.**

How to Sign-up on the Schedule

There are several ways to view the calendar but the easiest way to schedule is to click on AGENDA view:

- Click on the time that you want in the correct calendar.
- In the WHO space, put in your name and phone number.
- You may only schedule appointments only 2 WEEKS OUT.
- Rules and Instructions are on the calendar.

If you are unable to schedule an appointment because you do not have a computer, or you are technically unable to do so, contact; Phyllis @ 360-344-3706 or email pballough@integraassociates.com for assistance.