

# Fitness Plus Facility Map

## First Floor

- 1 Service Desk:** Check in and register for programs, classes or schedule a massage. Workout and shower towels available here.
- 2 Fresh Healthy Café:** Grab a pre- or post-workout smoothie, treat or meal.
- 3 Men's Locker Room:** Day-use lockers available at no charge. Showers include multipurpose body wash/shampoo. Steam and sauna facilities available - use caution. All children of the opposite sex over the age of two must use the family changing rooms.
- 4 Women's Locker Room:** Day-use lockers available at no charge. Showers include multipurpose body wash/shampoo. Steam and sauna facilities available - use caution. All children of the opposite sex over the age of two must use the family changing rooms.
- 5 Family Changing Room:** Coed changing room available for families with children of the opposite sex and/or family members who need assistance.
- 6 Therapy Pool:** Reserved for patients Monday through Friday, 7:30 am to 6 pm. Available to members when therapy is not in session. All children must be attended.
- 7 Exercise Pool:** Available for use during aquatic hours; when a program or class is in session, the pool is unavailable. If in doubt, ask the lifeguard on duty.
- 8 Lap Pool:** Available for use during aquatic hours; when a program or class is in session, the pool is unavailable. If in doubt, ask the lifeguard on duty.
- 9 Pilates Studio:** Private and small group sessions available by appointment only at the Service Desk for a fee.
- 10 Group Exercise Studio 2:** Visit [fitnessplus.sfmc.net](https://fitnessplus.sfmc.net) for the current schedule; most classes are included with membership. No preregistration required.
- 11 Group Exercise Studio 1:** Visit [fitnessplus.sfmc.net](https://fitnessplus.sfmc.net) for the current schedule; most classes are included with membership. No preregistration required.
- 12 Multi-Purpose Gym:** Available for basketball, pickleball and open play. Not available during classes or scheduled programming; please see daily schedule for availability.

## Second Floor

- 13 Trainer's Desk:** Meet your personal trainer or fitness specialist here if you have an appointment. Workout cards available here.
- 14 Track:** Eight laps equal one mile. Walkers keep to the inside lane and faster traffic yields to slower. Direction changes daily. Look at the signage on the wall by track entrances.
- 15 Cardiac/Pulmonary Rehab:** Reserved for patients Monday - Friday. Available to members when therapy is not in session.



- 16 Performance Plus:** Training program for athletes. Registration information is available at the Service Desk. Available for use when a class or program is not in session.
- 17 Massage:** Available by appointment which can be scheduled at the Service Desk. Members receive a discount.