

**Balanced or Unbalanced?
It's up to you!**

Body Building Fitness 2016

Fall Time table (from November 14 to December 23, 2016)

Monday	12h15 - 13h45 Programme-Conseil 1 Angel	19h15 - 20h45 Initiation 1 Angel
Tuesday	12h15 - 13h45 Initiation 1 Michèle	17h30 - 19h00 Programme-Conseil 1 Michèle Initiation en anglais* Noemi
Wednesday	12h15 - 13h45 Programme-Conseil 1 Angel Initiation en anglais* Noémi	19h00 - 20h30 Initiation 1 Angel
Thursday	12h15 - 13h45 Initiation 1 Michèle	17h45 - 19h15 Programme-Conseil 1 Michèle
Friday	12h15 - 13h45 Programme-Conseil 1 Angel	

Remarks:

Only people who need to do the initiation course can present themselves.
Be sure to come in sports clothes.

There is a maximum of 15 people allowed in the initiation courses.

***The initiation courses given in English are only for those who speak English!**

The Meeting Point is in front of the Fitness Room SOS2



BODY BUILDING FITNESS

OPENING HOURS

Monday to Friday from 8h00 to 22h00
Saturday and Sunday from 8h30 to 18h30

Students can access the gym area only after they have taken the required introductory course. Once they have paid for their subscription, they receive a card that must be left outside the gym in the specified pigeonholes.

This card can be bought at the “Secretariat des Sports” office at the Villa des Sports upon presentation of the ticket given by the coach and your validated EPFL/Unil card. Sports clothes must be worn when participating at the introductory course.

The Meeting Point is in front of the gym in the SOS2 building.

Just a few tips:

- It is highly recommended not to use the weights without supervision from one of the coaches during the first three months.
- Always make sure that the weight of the machine corresponds to your physical condition.
- When using the machine for the first time, make sure there are not more than 3 plates.
- Be sure that the axis of the joints that are being worked on, correspond to the axis of the lever of the machine.
- Your hand should be at the same height as your shoulder when working on your arms so as to avoid any articulation problems.
- Always be sure that your pelvis and upper part of your body is sitting straight on seats with backrests.
- It is very important to breathe deeply while making efforts.

-> Should you have questions or are unsure about something, get help!

It is recommended that you follow a ‘counseling program’.

Don’t forget that towels are obligatory!!