

MELROSE PARK CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM(60min) Cross Training Studio 1/Roj W.	6:00 AM(60min) Cycle Studio 2/Linda M.	9:00 AM(60min) 20/20/20 Studio 1/Aida V.	6:00 AM(60min) Cycle Studio 2/Linda M.	9:15 AM(60min) Cycle Studio 2/Xochitl E.	8:30 AM(30min) Muscle Max Studio 1/Julia J.	9:00 AM(60min) Yoga Studio 1/Lisa C.
9:30 AM(60min) Cycle Studio 2/Jodie R.	9:15 AM(60min) Cardio Blast Studio 1/Olivia R.	10:05 AM(60min) Zumba Studio 1/Aida V.	9:15 AM(60min) Mixed Fit Studio 1/Mike N.	9:15 AM(60min) Zumba Studio 1/Nikeya Y.	9:00 AM(30min) Cardio Kickboxing Studio 1/Julia J.	10:05 AM(60min) Zumba Studio 1/Patty M.
10:20 AM(60min) Zumba Studio 1/Nikeya Y.	10:20 AM(60min) Pure Strength Studio 1/Olivia R.	5:45 PM(60min) Cross Training Studio 1/Olivia R.	10:20 AM(60min) Pure Strength Studio 1/Karina	10:20 AM(75min) Broga Studio 1/Roj W.	9:30 AM(60min) AquaPilates Pool/Jeanne N.	10:30 AM(60min) Cycle Studio 1/Emilia R.
4:30 PM(60min) [XTC] XSport Training Club Studio 1/Shawn H.	5:45 PM(60min) Yoga Studio 1/Mahi M.	6:30 PM(60min) Cycle Studio 2/Emilia R.	6:00 PM(45min) [XTC] XSport Training Club Studio 1/Rick R.	6:00 PM(60min) Zumba Studio 1/Cori H.	9:35 AM(45min) Jillian Michaels BodyShred Studio 1/Julia J.	11:10 AM(60min) Cross Training Studio 1/Kari S.
5:45 PM(60min) Yoga/Pilates Fusion Studio 1/Mandy R.	6:30 PM(60min) Mixed Fit Studio 1/Maribell G.	6:50 PM(60min) Pure Strength Studio 1/Olivia R.	6:50 PM(45min) INSANITY Studio 1/Rick R.	7:00 PM(60min) Aquafit Pool/Karina S.	10:00 AM(60min) Cycle Studio 2/Annette W.	
6:30 PM(60min) Aquafit Pool/Jeanne N.	6:50 PM(60min) Mixed Fit Studio 1/Maribell G.	7:00 PM(60min) Aquafit Pool/Mahi M.	7:00 PM(60min) Aquafit Pool/Karina S.	7:40 PM(75min) Vinyasa Flow Yoga Studio 1/Kim Z.	10:20 AM(15min) Ultimate ABS Studio 1/Julia J.	
6:50 PM(60min) Tabata Training Studio 1/Aida S.	7:00 PM(60min) Aquafit Pool/Mahi M.	7:55 PM(60min) Zumba Studio 1/Tocarra D.			10:40 AM(60min) Zumba Studio 1/Jorge H.	
7:00 PM(60min) Cycle Studio 2/Emilia R.	7:55 PM(60min) INSANITY Studio 1/Kieanna H.					
7:55 PM(60min) Zumba Studio 1/Tocarra D.						

Child's Play Supervised Play Area is available:

Monday – Friday: 8am – 1:00pm & 4pm – 9pm

Saturday: 8am – 1:00pm

For questions or concerns regarding the Group Exercise

Schedule please contact:

Rcj Waller, *Regional Group Fitness Manager*

roger.waller@xsportfitness.com

*In designated locations, passes are required for admittance due to limited space and membership privileges. Class passes, where applicable, are available 30 minutes prior to class. Member must be present in the club to receive a pass. All classes are subject to change.

International Destruction Machines Corp.

IDM Universal Hammer

Operation Manual

The purpose of this document is to illustrate handling complex layout patterns in the Extended Stylesheet Language (XSL). To simulate a real text, I have written an operation instruction for a hammer. The genre of operation instructions turned out to be quite convenient for showing most standard formatting properties. Features used in this text include:

- *multi-column text;*
- *page headers/footers;*
- *graphics;*
- *footnotes;*
- *ordered and unordered lists;*
- *tables;*
- *automatically generated table of contents;*
- *automatically generated analytical index.*

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A. Before you start

Dear Customer,

you have just become a proud owner of an IDM universal hammer - the most powerful tool for all kinds of mechanical annihilation. We have made all possible efforts to make this hammer robust and easy to use. To help you manipulate your hammer, we have composed this Operation Manual. Read it through and through several times, until you learn basic principles of hammering exposed herein.

Mechanical tools like hammers often involve serious risk of damaging your extremities. If you are new to the art of hammering, it is a good idea to obtain a health insurance policy beforehand; curing fractures may cost.

The manufacturer declines every liability with regard to any direct or consequential damage caused by the equipment to you, your body parts, your personal belongings, your domestic animals e/o beloved relatives. Use this equipment at your own risk, and let God protect your fingers!

Have fun with our stuff!

B. Unpacking & Installing

The universal hammer comes shipped in a *carton box* (see Fig. 1) .

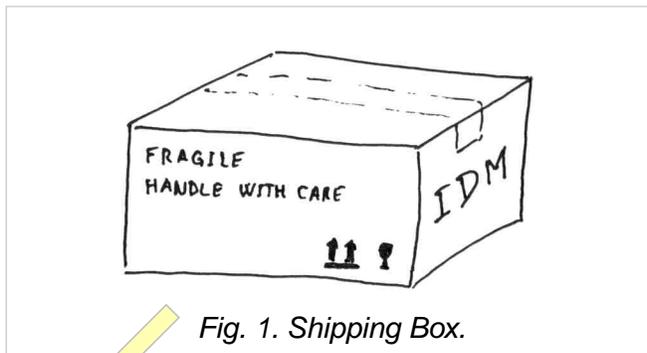


Fig. 1. Shipping Box.

To unpack the tool, cut the sealing ribbon on the top of the box, open the box by pulling the two halves of the upper side and turn it upside down. The hammer comes out automatically by gravitation.⁽¹⁾ To install the hammer, simply hold it by the handle (see Fig. 2) . Try to perform some oscillatory movements upward and downward. If you feel the hammer is too heavy for you, contact the nearest gym.

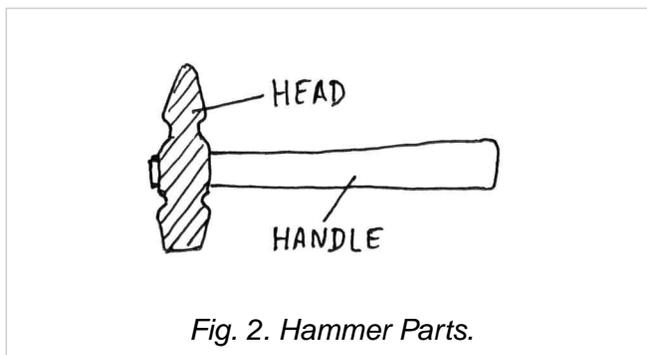


Fig. 2. Hammer Parts.

C. Operation

C.1. Applications

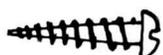
The universal hammer is a semi-automatic device: when you move it upon a target, the tool automatically transfers a good deal of its *momentum* to the

⁽¹⁾ When arriving to the ground, the hammer may acquire high velocity. You should protect your *toes* with appropriate shoes.

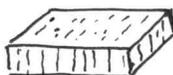
hammered object. The consequences of such a transfer may vary depending on the nature of the target:



nails may either penetrate to their corresponding substrate or bend, depending on your skills;



screws behave like nails, except that they are less probable to bend but require more momentum to penetrate;



bricks normally crack;



tins and cans deform and flatten;



wood planks will probably bounce your hammer back in your face. If you plan to hammer wood planks on a regular basis, protect your face with an appropriate *metallic grid*.

its trajectory in such a way that the target point lie within the path of the falling hammer. When the hammer arrives at the specified point, it should have accumulated a good amount of *kinetic energy*; at the moment of collision, all this energy is released and transferred to the target.

The higher you raise the hammer at the initial phase, the faster it will move in the collision point. However, excessive initial elevation can give rise to difficulties in proper pointing of the hammer: the faster the tool moves, the more likely you are to miss the point. You should learn by experience⁽²⁾ what is the optimum value of the initial elevation needed in specific cases.

D. Troubleshooting

Problem	Cause	Remedy
The hammer is too heavy	You have chosen a wrong hammer model	Contact your hammer vendor for a lighter hammer
	Your muscles are too weak	Contact the nearest gym
The hammer is too light	You have chosen a wrong hammer model	Contact your hammer vendor for a heavier hammer
	Your muscles are too strong	You're a <i>Schwarzenegger</i> . Throw the hammer away, call the Hollywood
The hammer handle is broken	The hammer has been overloaded	Repair the handle and refrain from hammering too hard Replace the handle
	The handle was not robust enough	Repair the handle and refrain from hammering too hard Replace the handle by one made of more robust material (e.g. <i>titanium</i> alloy)
You have hurt a finger	You could not point the hammer well	Try once more. If the problem persists, bandage the finger and call a <i>physician</i>

C.2. How to hammer

To start hammering, first choose the point you want to hit. Then take the handle by your leading hand (either right or left). Raise your hand to an appropriate quota and then start moving it downwards. Propelled by the joint effort of the gravity and your muscular strength, the hammer will accelerate quickly. Direct

⁽²⁾ While gaining the experience, we strongly recommend to pay maximum attention to safety precautions described in this Instruction.

E. Safety Regulations

1. The hammer is a potential source of danger; its inherent destructive power makes it an easy target for misuses. The hammer may be used only for its expressed applications. All other uses are considered dangerous. Never permit *children* or *unauthorized persons* to tamper with the hammer.
2. Store the hammer in a secure place, out of reach of children and pets. **Never** keep it on the upper shelves, to avoid risk of occasional fall.
3. After removing all package materials, check the contents to make sure that no damage has occurred during shipping. When in doubt, do not use the hammer and contact the supplier. The packaging materials are a source of pollution and potential hazard if lying around; collect them together and dispose of them properly.

physician **4**
 schwarzenegger **4**
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 tins and cans **4**
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 wood planks **4**

F. Specifications

Type	IDM UH-1/15
Weight	1 lb (453 g)
Handle	15 inches (38 cm), made of hickory wood
Electrical protection	IP 54
Compliance	ISO 9001 to 9003 EEC Directive 456/78 "Hammers" ANSI 123-456/89 DIN 1234567-89 UNI 10203-92 GOST 12.345-67

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