

WELLNESS CENTER - COOPER'S POINT SYSTEM

Name _____

Date _____ Class _____ Instructor _____

Calisthenics: Minutes _____ Points _____

Circuit Weight Training: Minutes _____ Points _____

Treadmill: Minutes _____ Points _____

Stationary Bike: Minutes _____ Points _____

Rowing: Minutes _____ Points _____

Elliptical: Calories burned _____ /20 = Points _____

Total Points earned this exercise session: _____

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