

CenterFit™

CenterFit™ from Red Canyon Systems, Inc. is a system designed for community college fitness center directors who want to automate the following processes:

- ✓ Attendance tracking
- ✓ Fitness assessment and profile reports
- ✓ Exercise prescription
- ✓ Fitness improvement analysis
- ✓ Front desk check-in
- ✓ Fitness improvement analysis
- ✓ Center information management
- ✓ Grading

CenterFit™ offers these features and benefits . . .

Long-term tracking of fitness tests scores for each student.

(Body Mass Index, Strength tests, etc.)

- ☐ Track individual fitness improvement for any time period
- ☐ Provides fitness profile, workout program, fitness comparison reports
- ☐ Compare individual participant's fitness results to national norms and within the center

Front desk check-in for attendance with course and activity tracking (Log In – can be purchased separately for those centers who do not wish to participate in assessment and profile reports)

- ☐ Maintain detailed reports on center usage by the hour, day, term
- ☐ Provide detailed class attendance tracking and grading by visits or hours
- ☐ Correlate attendance and center use to fitness improvement

Categorize center participants

- ☐ Differentiate student users from faculty, community, park district, corporate, etc.
- ☐ Provide fitness improvement statistics for any category
- ☐ Break down center usage statistics by type of user
- ☐ Maintain special memberships – annual, monthly, for-fee, etc.

Software is networkable

- ☐ Access participant data from several locations (computers) simultaneously
- ☐ Faculty can access data from their office during consultations with students while center keeps operating the check-in and reporting processes

Program Validation

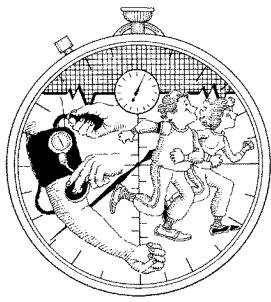
- ☐ Use CenterFit to maintain, synthesize and analyze fitness test results and attendance. This allows you to provide indisputable validation of your program to a degree that could not be done manually.

Requirements and Specifications:

- ✓ Windows 95/98/2000/XP operating system on a PC with adequate memory and disk space
- ✓ Pentium processor, 32 meg RAM minimum
- ✓ Minimum 800 MB hard disk space
- ✓ Recommended additional software and hardware to enable file transfers: email, Internet capability, modem, WinZip software, telephone near computer for means of obtaining technical support.
- ✓ Standalone or networked through Novell, NT, or Win2000
- ✓ Color monitor
- ✓ Graphics printer



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Report Samples

Final Grades/Course Lists/Full ID

03/13/2002 01:49PM

Fall 2001
HPR 101 001

Instructor: Adelman, Robert

Name	Grade	---Awarded---		---Actual---		Status	Last Visit	ID Number
		Visits	Time	Visits	Time			
Connors, Debbie	E	0	0:00	0	0:00	Active		987-98-7987
Davis, Angela	B	2	2:27	2	2:27	Active	09/06/01	345-34-5345
Edwards, Frank	B	2	2:26	2	2:26	Active	09/06/01	543-54-3543
Frederick, Tony	E	0	0:00	0	0:00	Active		123-41-2341
Jackson, Anne	B	2	2:18	2	2:18	Dropped	09/06/01	222-22-2222
Killian, Red	B	2	2:16	2	2:16	Active	09/06/01	988-98-8988
Linden, MaryAnn	A	2	3:15	2	3:15	Active	03/09/02	555-55-5555
Murphy, Jillian	B	3	2:21	3	2:21	Active	03/09/02	333-33-3333
Neicine, Alice	A	2	3:13	2	3:13	Active	09/06/01	777-88-8999
O'Neil, Sean	A	4	3:55	4	3:55	Active	03/09/02	123-12-3123
Peace, Warren	A	2	3:13	2	3:13	Active	09/06/01	222-88-8777
Peterson, Annie	A	2	3:12	2	3:12	Active	09/06/01	555-66-6777
Quinlan, Al	E	0	0:00	0	0:00	Dropped		666-77-7888
Roberts, Roberta	A	2	3:12	2	3:12	Active	09/06/01	987-76-5654
Smith, Allen	A	2	3:20	2	3:20	Active	03/08/02	111-11-1111
Stevens, Paula	B	2	2:19	2	2:19	Active	09/06/01	987-12-3321
Stevens, Ted	B	2	2:19	2	2:19	Active	09/06/01	666-66-6666
Thomas, Rita	D	1	1:20	1	1:20	Active	09/06/01	898-99-8989
Ustinov, Dan	B	2	2:18	2	2:18	Active	09/06/01	789-45-7776
Victor, Bob	B	2	2:17	2	2:17	Active	09/06/01	789-98-7789
Williams, Patti	B	2	2:18	2	2:18	Active	09/06/01	987-65-4234
Yancy, Richard	B	2	2:17	2	2:17	Active	09/06/01	787-99-8765

HPR 101 001

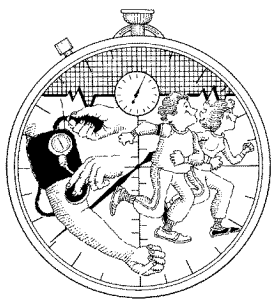
Total Students..... 22

Red Canyon Systems, Inc. Demo
Run by: Administrator
From: DELL01

Page 2 of 5
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Crs010



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CenterFit™

Report Samples

Fitness Profile with Workout Program

03/13/2002 02:56PM

Dear Preston Creest,

Red Canyon Systems, Inc. Demo

Below are the results of your fitness tests. Your scores have been compared to national norms for your age and sex. Your percentile ranking, indicating the percentage of people whose scores you exceed, is indicated by the bar chart. Improve your fitness by working toward the goals listed. For those areas where you scored low, consult the fitness center staff for assistance.

When exercising for cardiovascular improvement, your heart rate should be within your target heart zone for 30 - 40 minutes, 3 times per week. Your target heart zone is listed below. Exceeding the maximum heart rate could be dangerous. Be sure to frequently monitor your heart rate during workouts.

To improve your overall cardiovascular system, strength and flexibility, an Aerobic Super Circuit program has been designed specifically for you. Be sure you have been given one by the center prior to working out. It has been individualized for you, based on your capabilities. For other areas needing improvement, consult the fitness center staff for assistance.

Good luck on your road to fitness and ask us for help at any time.

Good luck on your road to fitness and ask us for help at any time.				Percentile									
Test Items from 02/02/00	Result	Assessment	10	20	30	40	50	60	70	80	90	100	Goal
Weight (lb)	170.00												
Body Fat - Impdnc	17.00												
Body Mass Index	24.44												
Waist/Hip Ratio	0.89												
Resting Pulse	80.00												
BP - Systolic	140.00	Normal											
BP - Diastolic	105.00	Normal											
Step Test - 1 Count	130.00	Fair											110.50
Hip Flex/Sit & Reach (In.)	18.00	Good											19.80
Bench Press	160.00	Good											176.00
Leg Press (Seated)	280.00	Poor											336.00

Ideal Body Fat % Range is 10 to 20 Ideal Weight Range is 157 to 176 Current Lean Weight is 141 Current Fat Weight is 29

Preston Creest				Beginning Super Circuit			
Station	Exercise	Weight	Reps	Station	Exercise	Weight	Reps
01	Abdominal Crunch	19	12	02	Bench Press	60	12
03	Leg Press (Seated)	120	12	04	Hip Extension	110	12
05	Bicep Curl	60	12	06	Chest Press (Seated)	60	12
07	Leg Curl (Seated)	110	12	08	Pec Deck	60	12
09	Lat Pulldown	60	12	10	Back Extension	50	12

Your target heart zone 112 to 149 bpm
 Begin with 1 circuit 3 times a week.
 Work up to 3 circuits 3 times a week.

Ask a staff member for a new program
 when you can easily do 15 reps per set.

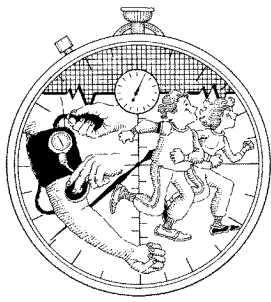
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Preston Creest,
 66785 N. Hayes
 Lockport, IL 60441

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Report Samples

Fitness Test Comparison - Individual

03/13/2002 03:40PM

Creest, Preston 666-77-7111

Anatomical		Score	—From Prior Test—	
			Real Change	% Change
Height (In.)	02/02/2000	70.00		
	08/01/2001	70.00		
Hips - Circ (In.)	02/02/2000	35.00		
	08/01/2001	34.00	-1.00	-2.86
Waist (In.)	02/02/2000	31.00		
	08/01/2001	29.00	-2.00	-6.45
Body Composition		Score	—From Prior Test—	
			Real Change	% Change
Body Fat - Impdnc	02/02/2000	17.00		
	08/01/2001	16.00	-1.00	-5.88
Weight (lb)	02/02/2000	170.00		
	08/01/2001	165.00	-5.00	-2.94
Cardiovascular		Score	—From Prior Test—	
			Real Change	% Change
BP - Diastolic	02/02/2000	105.00		
	08/01/2001	85.00	-20.00	-19.05
BP - Systolic	02/02/2000	140.00		
	08/01/2001	120.00	-20.00	-14.29
Resting Pulse	02/02/2000	80.00		
	08/01/2001	75.00	-5.00	-6.25
Step Test - 1 Count	02/02/2000	130.00		
	08/01/2001	112.00	-18.00	-13.85
Flexibility		Score	—From Prior Test—	
			Real Change	% Change
Hip Flx/Sit & Reach (In.)	02/02/2000	18.00		
	08/01/2001	23.00	5.00	27.78
Muscular Strength		Score	—From Prior Test—	
			Real Change	% Change
Abdominal Crunch	02/02/2000	48.00		
	08/01/2001	60.00	12.00	25.00
Back Extension	02/02/2000	125.00		
	08/01/2001	140.00	15.00	12.00
Bench Press	02/02/2000	160.00		
	08/01/2001	185.00	25.00	15.63
Bicep Curl	02/02/2000	110.00		
	08/01/2001	130.00	20.00	18.18
Chest Press (Seated)	02/02/2000	160.00		
	08/01/2001	180.00	20.00	12.50

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Page 2 of 2

Run by: Administrator

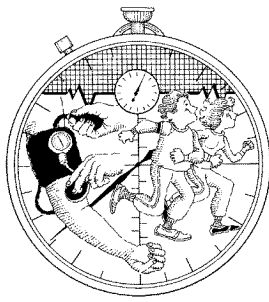
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Report Samples

Fitness Test Comparison - Group

03/13/2002 03:40PM

Anatomical

Height (In.)

Test #	Average Score	—From Prior Test—		# Tested
		Real Change	% Change	
1	70.00			1
2	70.00	0.00	0.00	1

Hips - Circ (In.)

Test #	Average Score	—From Prior Test—		# Tested
		Real Change	% Change	
2	34.00	0.00	0.00	1
1	35.00	1.00	2.94	1

Waist (In.)

Test #	Average Score	—From Prior Test—		# Tested
		Real Change	% Change	
1	31.00	0.00	0.00	1
2	29.00	-2.00	-6.45	1

Body Composition

Body Fat - Impdnc

Test #	Average Score	—From Prior Test—		# Tested
		Real Change	% Change	
1	21.33	0.00	0.00	3
2	20.00	-1.33	-6.25	2

Weight (lb)

Test #	Average Score	—From Prior Test—		# Tested
		Real Change	% Change	
1	163.33	0.00	0.00	3
2	157.50	-5.83	-3.57	2

Cardiovascular

BP - Diastolic

Test #	Average Score	—From Prior Test—		# Tested
		Real Change	% Change	
2	92.50	0.00	0.00	2
1	88.33	-4.17	-4.50	3

BP - Systolic

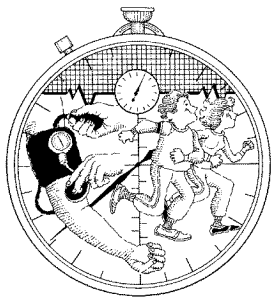
Test #	Average Score	—From Prior Test—		# Tested
		Real Change	% Change	
1	130.00	41.67	47.17	3
2	125.00	-5.00	-3.85	2

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Report Samples

Visit Totals by Date Bar Chart

03/13/2002 03:56PM

