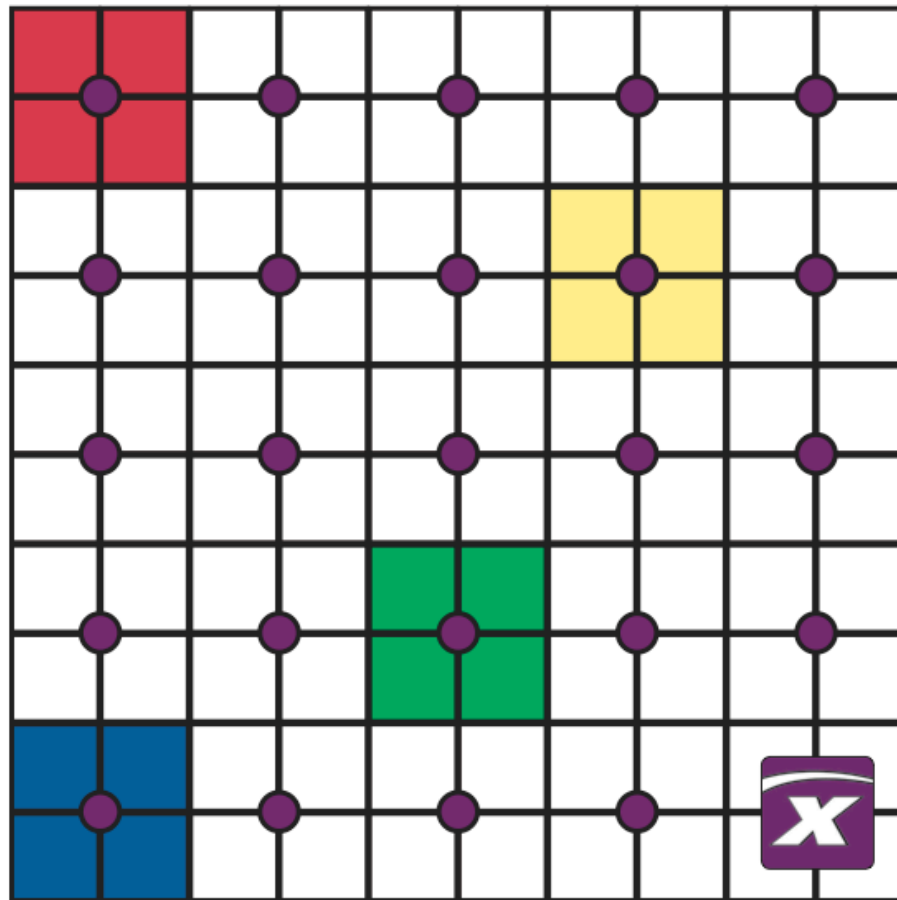


EXERGAME

at the BAPTIST HEALTHPLEX

ZONE



*Bringing Exercise &
Game Play Together*

MORE INFORMATION ON BACK

EXERGAME
powered by MOTION FITNESS

ExerGame Zone

What is the ExerGame Zone?

The ExerGame Zone is a fun, safe and supervised area for children at least 3 years of age up to adults of any age. Participants use their brain & bodies and become a “human joystick” by merging fitness with video games. Simply put, it uses videogame technology to engage participants in physical activity. It includes two Hoggan Junior Dual Exerbikes, two Espresso Youth Game Bikes, two Wii & Wii Fit Systems, a Lightspace Play Floor, two Dance Dance Revolution Arcade 2 Systems, and a Makota Sports Arena (see descriptions below).

ExerGame Zone Hours of Operation (Extended times during Holidays)

Monday-Thursday.....4 :00 - 8:00 PM

Friday.....10:00 AM - 12:00 PM and 4:00 - 7:00 PM

Saturday.....10:00 AM - 4:00 PM

Sunday.....2:00 - 5:00 PM

ExerGame Zone Membership

- \$5.00 per person for a 1 month *unlimited membership.
→ Free of charge for ages 3-5, but guardian must be present in the ExerGame room at all times.
- *90 minute time limit per visit.

ExerGame Zone Policies

- Check-in and Check-out required.
- Comfortable, dry clothing, and athletic shoes required.
- No food and/or drinks allowed in the ExerGame room.
- For ages 15 and younger, guardian must remain in the Healthplex at all times.
- For ages 3-5 (free of charge), guardian must be present in the ExerGame room at all times.

Hoggan Junior Dual Exerbikes

Provides a fun and engaging entertainment center by allowing the user to directly control their favorite video game played through a PlayStation2®. The faster you pedal- the faster you move. Steer through the course and race against others. *For ages 6-14 and heights from 3'11" - 5'6".*

Espresso Youth Game Bikes

Provides an endless variety and excitement in more than 30 interactive game bike experiences. The handlebars move for realistic steering around the course, even allowing friends to ride in a side-by-side competition. .
For ages 6-14 and heights from 4'4" - 5'10".

Wii & Wii Fit Systems

A Nintendo® videogame system that requires the player's body movements to control the actions in the game, making it completely interactive. The player holds a remote-like controller allowing response to the actions on the screen. *Who would benefit from using the Wii & Wii Fit? A child or adult of any age and ability, athletes, physical therapy patients, or anyone seeking a change or more excitement in their exercise routine.*

Dance Dance Revolution Arcade 2 System (DDR)

A popular video dance craze! Users stomp, slide, spin, and dance on our platforms to various dance programs while burning calories, earning points or following a workout mode. This DDR system is a perfect solution for group settings with up to 8 participants. *For all ages and abilities.*

Lightspace Play Floor

An interactive fitness floor that can get up to 8 users at once playing. Play games like Bug Stop, Jump Rope, Simon Says, DDR, Musical Squares, Musical Instruments and more. Sounds, lights and pure interactive fun! *For all ages and abilities.*

Makota Sports Arena

Described as a cross between “Whack-A-Mole” and “Simon”, it's a triangle with 6 feet tall steel towers rising from each corner. Each tower is electronically wired to emit sounds and lights; the lights can occur randomly in any of 10 locations per tower and there are 4 tones that correspond to the height of the target. Using hands, feet, and/or staff, one responds to the audio prompt and attempts to hit the lighted area before the light goes off. Reaction time and accuracy are measured electronically so one can compete alone or against others. The speed of the prompts is easily adjusted for varying abilities. *For all ages and abilities.*