



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT FOR ALL AGES

Fitness isn't just for adults! It's important for kids and teens to establish healthy habits too.

The following age guidelines are in place to ensure that kids and teens are able to enjoy the fitness center in a safe and age-appropriate way!



FITNESS CENTER AGE GUIDELINES

Ages 7 or Younger

Sorry!

You must be at least 8 years old to enter the fitness center.

At this age, your safety is our primary concern. You may register for 30 or 60 minute sessions with one of our qualified fitness trainers.

Ages 8-11

Good news!

After completion of our FREE Fitness Center Orientation, you will have access to the CARDIO equipment inside the fitness center with parent or guardian supervision.

Must wear **BLUE** band given to them after completion of Fitness Center Orientation.

Ages 12-14

Come on in!

After completion of our FREE Fitness Center Orientation, you will have access to the CARDIO equipment inside the fitness center with parent or guardian supervision.

After completion of our Fitness Center Strength Certification Class for Youth you are able to use Matrix Assisted Lift equipment and Cardio equipment without a parent or guardian.

Must wear **PURPLE** band given to them after FCSC Class.

Ages 15-17

You're good!

After completion of our FREE Fitness Center Orientation, you will have access to the ENTIRE Fitness Center without parent or guardian supervision.

***Should you or your child have additional needs or concerns please schedule an appointment with our Director of Health & Wellness to see how we can help.**

***Registration for Orientation can be completed at the Welcome Center**