



UNDERSTANDING THE **FITNESS CENTER** FOR YOUTH, TWEENS AND TEENS

Classes will be conducted for Members ages 8-17.

REGISTER NOW

- 1: INTRODUCTION TO CARDIO EQUIPMENT**
- 2: INTRODUCTION TO CARDIO AND SELECTORIZE EQUIPMENT**
- 3: INTRODUCTION TO FREE WEIGHTS**
- 4: INTRODUCTION TO FUNCTIONAL FITNESS EQUIPMENT**

**SPACE IS LIMITED AND
REGISTRATION IS
REQUIRED. STOP BY THE
WELCOME CENTER TODAY!**

CLASS DETAILS INSIDE

- After passing the appropriate class, anyone under 18 must stop by Welcome Center at each visit to get an access band.
- Members 18+ who wish to become familiar with the free weight & function fitness equipment can purchase an orientation for \$35.

FINANCIAL ASSISTANCE AVAILABLE



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www.icymca.org

INTRODUCTION TO CARDIO EQUIPMENT

FREE for ages 8+

- One 45-minute class
- Once this class is passed, youth ages 8-11 must have a guardian present in the fitness center at all times
- This class will introduce students to proper use and safety of the
 - Treadmill
 - Stairmaster
 - Elliptical
 - Stationary Cycles
 - Rower
 - Hand Cycle
- After passing this class youth must stop by the Welcome Center to pick up and wear a **ORANGE** wrist band before entering Fitness Center

INTRODUCTION TO CARDIO AND SELECTORIZE EQUIPMENT

\$20.00 for youth ages 8+ AND over 48 inches tall

- Four 45- classes, meet twice a week for 2 weeks
- Once this class is passed, youth ages 8-11 must have a guardian present in the fitness center at all times
- Emphasis will be placed on muscle group periodization, equipment adjustment, rep / set ranges, and progression
- Introduction to
 - Cardio equipment as listed above
 - Chest fly, rear delt fly, chest press, shoulder press, tricep press
 - Back row, lat pulldown, bicep curl
 - Hamstring curl, abductor machine
 - Leg press, leg extension, calf raise, adductor machine
 - Oblique rotator, crunch machine
- After passing this class youth must stop by the Welcome Center to pick up and wear a **CORAL RED** wrist band before entering Fitness Center



INTRODUCTION TO FREE WEIGHTS

\$35.00 for youth ages 11 +

- Four 45-minute classes, meet twice a week for 2 weeks
- Once this class has been passed, youth age 11-13 must have a guardian present at all times in the free weight area
- For youth age 14+ no guardian presence required
- Must have completed Introduction to Cardio and Selectorize Equipment
- Emphasis will be placed on muscle group periodization, equipment adjustment, rep / set ranges, and progression
- Introduction to
 - Cable Machine
 - Dumbbells
 - Barbells
 - Plate loaded equipment
 - Smith Machine
- After passing this class youth must stop by the Welcome Center to pick up and wear a **BLUE** wrist band before entering Fitness Center.

INTRODUCTION TO FUNCTIONAL FITNESS EQUIPMENT

\$35.00 for youth ages 11+

- Four 45-minute classes, meet twice a week for 2 weeks
- Once this class is passed, youth age 11-13 must have a guardian present at all times in the functional fitness area
- For youth age 14+ no guardian presence required
- Must have completed Introduction to Cardio and Selectorize Equipment
- Introduction to
 - TRX equipment
 - Medicine Balls
 - Kettlebells
 - Steps
 - BOSU balls
 - Slam balls
- After passing this class youth must stop by the Welcome Center to pick up and wear an **PURPLE** wrist band before entering Fitness Center.



Any participant that has completed all 4 classes: Introduction to Cardio Equipment, Introduction to Cardio and Selectorize Equipment, Introduction to Free Weights, and Introduction to Functional Fitness Equipment will stop by the Welcome Center to pick up and wear a **GOLD** wrist band before entering the Fitness Center.



FITNESS CENTER RULES RUNDOWN

- All youth ages 8 and over must pass either Introduction to Cardio Equipment or Introduction to Cardio and Selectorize Equipment to enter.
- All youth ages 8-11, who have passed a class, must have a guardian present in the Fitness Center at all times. (Or must be in an organized YMCA program)
- All youth ages 11-13, who have passed the appropriate classes, may enter the free weight area but must have a guardian present in the free weight area at all times. (Or must be in an organized YMCA program)
- All youth who have passed one of the 4 classes must stop at the Welcome Center to pick up and wear the appropriately colored wrist band before entering Fitness Center.
- Appropriate exercise attire is required. No jeans/slacks or open toe shoes permitted.
- Always wipe down the equipment after each use.
- If doing multiple sets on the weight equipment, please allow members who are circuit training to work through.
- Please refrain from talking on cell phones while on the equipment.
- Please do not take photos or videos of participants.
- Inappropriate language or behavior will not be tolerated.
- Absolutely no food or open containers permitted in the Fitness Center.
- Large gym bags, coats etc. are not permitted in the Fitness Center.

**REGISTER FOR YOUR
CLASS TODAY.
SPACE IS LIMITED.**

Classes run every 2 weeks space is limited. Please register early. If you need to miss a class, a make-up date will need to be scheduled with the instructor before you will have access to the Fitness Center. Due to class size limitations a make-up date may take some time.



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