



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH POLICY

Group Exercise Class

14 years of age and older

Welcome to utilize the entire facility and any type of group exercise class.

12 & 13 years of age

Must graduate from the Youth Fitness Training Class.

Must attend a fundamentals class with a Health and Wellness staff specific to the class they wish to attend.

Must attend any type of group exercise class with adult supervision (19 and older).

9 years of age and older

Welcome to work out in the Quick Fit Studio with adult supervision (19 and older) after an orientation has been attended with a Wellness Specialist.

Workout Area not available.

11 years of age and under

Unable to attend adult group exercise classes.

Workout Area not available.

Workout Area

12 & 13 years of age

Welcome to utilize the Workout Area after graduating from the Youth Fitness Training Class with adult supervision (19 and older) in the facility.

Please refer to Youth Policy in our Membership brochure.

