



Youth Policy for Fitness Area

Individuals must be at least 16 years of age to utilize the fitness equipment in the fitness area UNLESS he or she is at least 12 years old, has a consent form on file signed by a parent or legal guardian, AND completes the Youth Fitness Orientation class OR is participating in a personal training session where he or she is receiving direct, individualized supervision from an authorized personal trainer on staff. Those under 14 years of age must be under the direct supervision of the parent/guardian that attended the youth fitness orientation.

Youth Fitness Orientation

Before utilizing the Fitness Area, all youth ages 12-16 must attend Youth Fitness Orientation. For 12 and 13 year olds, a parent/guardian must also attend the orientation. Learn how to safely begin your strength and cardiovascular training, weight room etiquette, and rules of the Fitness Area. Pre-registration is required. Classes take place on the second Wednesday of each month.