



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS CENTER YOUTH FITNESS ACCESS

Fitness Equipment and Classes	Ages 7-9* White Wristband	Ages 10-11 Green Wristband	Ages 12-14 Orange Wristband	Ages 15-17 Purple Wristband
FITNESS AREA				
Body Weight	yes	yes	yes	yes
Resistance Band	yes	yes	yes	yes
Non-Weighted Exercise Balls	yes	yes	yes	yes
Hand Weights (2-5 lbs.)		yes	yes	yes
CARDIO				
Treadmill/Stepmill			yes	yes
Elliptical		yes	yes	yes
Rowing Machines		yes	yes	yes
Stationary Bikes		yes	yes	yes
Upper Body Ergometer		yes	yes	yes
STRENGTH				
Strength Training Machines			yes	yes
Free Weights				yes
Squat Racks				yes
Bench Press				yes
GROUP FITNESS				
Kids Exercise Classes	yes	yes	yes	yes
Family Exercise Classes	yes	yes	yes	yes
Adult Exercise Classes		**	**	yes

* Youth ages 7-9 must be directly supervised and within arms - reach of a parent or adult guardian at all times.

** Youth ages 10-14 can attend select Group Fitness Classes (w/ parent or adult guardian).