

Youth Fitness

Please use Fitness Center during off-

peak hours. (Peak hours to AVOID are Mon.-Fri. 8:00 am - 11:00 am & 4:30 pm - 7:00 pm / Saturdays 8:00 am - 11:00 am)

***MUST BE 15 TO ENTER FREE WEIGHT AREA**



Ages 11-12

- Must complete a Youth Fitness Training Class followed by an orientation to Cardio equipment prior to use of the Fitness Center.
- A parent must be present in the Fitness Center while working out. Parents do not need to be next to their child.
- Cardio equipment: Participants may use the treadmill, elliptical, rower or bikes as long as they fit properly.
- May participate in the Youth Exercise Classes.
- Must record workout data and have workout card visible at all times while in the Fitness Center.

Ages 13-14

- * Must follow all of the above along with completing an orientation to Cybex Equipment

Ages 15 and up

- Must complete a an orientation to the Fitness Center.
- May use entire Fitness Center, including free weights.
- May participate in any Group Exercise Class with appropriate behavior.

**Remember!! Wear your
Fitness Badges at all
times!**

**Register at the Front Desk for the
Youth Certification Class**

(Ages 11-14 only). The cost is FREE!



YMCA of the Treasure Coast
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Mission Statement:

To put Christian principles into practice that build healthy spirit, mind and body for all.

Financial Assistance Policy:

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