



Family Fitness Times



Attention Parents with Children Ages 9-13

“Family Fitness Time” is a designated time in which children between the ages 9-13 are allowed to use the cardio equipment in our fitness center under the **supervision of their parent(s).**

“FAMILY FITNESS DAYS AND TIMES”

Mon-Thur.	11am-4pm & 7:00pm-9:45pm
Friday	11am-7:45pm
Saturday	11am-6:45pm
Sunday	1pm-6:45pm

Family Fitness Time Policies

****ALL MEMBERS OF THE FAMILY MUST SIGN FAMILY FITNESS TIME NOTEBOOK.**
(Located at the Fitness Desk)

**** AGES 9 & 10: PARENT MUST STAY BESIDE CHILD**

AGES 11-13: PARENT MUST BE IN FITNESS CENTER

****CHILDREN AGES 9-13 ARE ONLY ALLOWED TO USE THE CARDIO EQUIPMENT.**

****CHILDREN AGES 9-13 CANNOT USE MACHINES OR FREE WEIGHTS**

****FAMILIES MUST ABIDE BY ALL POLICES AND PROCEDURES OF THE FITNESS CENTER AND FAMILY FITNESS TIME OR THEY WILL BE ASKED TO LEAVE.**



To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.
Website: ymcagreensboro.org; Phone #: 336-882-9622