



**MARY PERRY RAGSDALE FAMILY YMCA
AEROBIC ROOM
YOUTH POLICY**

To ensure the safety of our members as well as maintain the quality of our fitness classes. We ask you observe the following policies:

- . Adults 16 years and older may attend any class.
- . Children age 12 and up may attend Strength Training, Cardio, and Yoga classes with a parent.
- . Children age 9 and up may attend Yoga classes with a parent.

Due to insurance liabilities children cannot be in the aerobic room unless they are participating in the above mentioned classes.