



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Family Group Exercise Times

To ensure the safety of our members as well as maintain the quality of our group exercise classes, we ask that you observe the following policies:

- * Adults 16 & over: may attend any class.
- * Children 12 & up: may attend Yoga, Strength Training, and Cardio Classes WITH A PARENT/GUARDIAN
- * Children 9 & up: may attend Yoga classes WITH A PARENT/GUARDIAN

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

Children left unsupervised or are unruly or not fully participating, will be asked to leave the program areas.