

Youth Equipment Orientation – FITPASS

WHAT IS A FITPASS ORIENTATION?

A requirement that all 9-12 year olds must complete to use specific equipment on the fitness floor/second floor of the facility. A member of the fitness staff will show the participants what equipment they can and cannot use, plus proper usage of the equipment. This process is to help ensure the safety of all members using the fitness floor.

FITNESS FLOOR AGE GUIDELINES

- Youth ages **8 & below** are **NOT** allowed on the fitness floor (including second floor track).
- Youth ages **9-12** must CHECK IN at the Fitness Desk before EVERY workout.
 - We ask that a parent/guardian be present on the fitness floor while child is working out.
 - Direct parent/guardian supervision is required for child to use equipment in the dynamic area.
 - Youth ages 9-12 are **NOT** allowed in the free weights area on north side of gym.
- Ages **13+** may use any equipment on the fitness floor.

YOUTH GUEST POLICY

- Same guidelines apply to guests ages 9-12 and they must complete a FitPass Orientation before using equipment.

ORIENTATION TIMES

Mondays	Tuesdays	Wednesdays	Thursdays
12:00pm – 1:00pm	11:00am – 12:00pm	12:00pm – 1:00pm	11:00am – 12:00pm
6:00pm – 7:00pm	5:00pm – 6:00pm	6:00pm – 7:00pm	5:00pm – 6:00pm
Fridays	Saturdays	Sundays	
12:00pm – 1:00pm	10:00am – 11:00am	9:00am – 10:00am	

NO PRE-REGISTRATION REQUIRED

ADULT ORIENTATIONS AVAILABLE – ask Fitness Attendants for details or contact Drew at adness@mytrailpoint.com.