

Fitness Center:

Ages 9 and under - not permitted in the fitness center

Ages 10-11 - Must be supervised by parent/guardian; may only use cardio machines (no weighted machines or free weights or outdoor patio)

Ages 12-14 - Must be supervised by parent/guardian; may use cardio machines or selectorize machines (no free weights or outdoor patio)

Ages 15+ - may use all equipment in the fitness center and outdoor patio

Group Ex Classes:

Ages 9 and under

- Not permitted in the group ex studios

Ages 10-12

- Must be accompanied by a parent or guardian
- Permitted to join any class that does not use resistance training equipment (i.e., free-weights, resistance bands)
- Classes include: Beginner Cycle & Stretch, Boxing Basics, Cycle 60, Cycle +MZ, Cycling for Seniors & Beginners, Teen Strength and Conditioning, Cardio + Core, Body Combat, Kickboxing, Step Express, Chair Yoga, Deep Stretch Yoga, Power Flow Yoga, Slow Flow Yoga, Absolute Rockbottom, Pilates, Tai Chi, Zumba, Dance Fit

Ages 13-14

- Must be accompanied by a parent or guardian
- May attend suspension training classes as well as classes that do not use resistance training equipment (i.e., free-weights, resistance bands)
- Classes include: Beginner Cycle & Stretch, Cycle 60, Cycle +MZ, Cycling for Seniors & Beginners, Teen Strength and Conditioning, Cardio + Core, Body Combat, Kickboxing, Step Express, Chair Yoga, Deep Stretch Yoga, Power Flow Yoga, Slow Flow Yoga, Absolute Rockbottom, Pilates, Tai Chi, Zumba, Dance Fit, TRX Beginners and Seniors, TRX Suspension Training

Ages 15+

- Permitted to join any class