



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Fitness Center Guidelines

Ages 10 and Under = NOT ALLOWED IN FITNESS CENTER

Ages 10-13 years old = limited equipment access, please read the following:

Strong Families gym orientation must be completed with parent/guardian and a training supervisor. Please see front desk to set up an appointment.

Allowed to use nautilus equipment.

Allowed to use elliptical and bikes.

Parent must be present, spotting, and/or performing the same exercise as the adolescent during use of nautilus and cardio equipment.

Ages 14-15 years old = limited equipment access, please read the following:

Strong Families gym orientation must be completed with parent/guardian and a training supervisor. Please see front desk to set up an appointment.

Allowed to use free weights.

Allowed to use nautilus equipment.

Allowed to use elliptical and bikes.

Parent or someone 16+ must be present, spotting and/or performing the same exercise as the adolescent during the use of free weights, nautilus and cardio equipment.