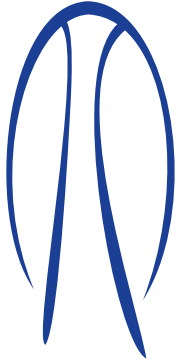


# Fitness

## Fitness Center Junior Regulations



Sportsplex is a family oriented membership facility.

The following guidelines are in place to ensure that all individuals have a safe and enjoyable experience while at Sportsplex.

Children ages 11 and under are not permitted to use the Fitness Center. This includes the cardiovascular equipment (treadmills, steppers, ellipticals, bikes and rowers) and any equipment in the strength/weight training rooms.

Children ages 12 and 13 may use the cardiovascular equipment (*treadmills, ellipticals, bikes, steppers and rowers*) **only** after completing our **Youth Fitness Program\*\***. Thereafter, children using the cardiovascular equipment **must be directly supervised by a parent** (parent is working out alongside the child).

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After having completing our **Youth Fitness Program\*\***, 12 and 13 year-olds may utilize the cardiovascular portion of the fitness center during the following times:

Monday – Thursday	1:00–5:00PM	when school is in session
Monday – Thursday	11:00AM–5:00PM	during school breaks and holidays
Friday	1:00–9:30PM	year round
Saturday & Sunday	Anytime	

Children ages 14 and older may use both the cardiovascular fitness and strength training rooms. It is, however, advised that they have received **proper instruction** on how to use the equipment.

\*\* additional rates apply