



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Fitness Center Staff Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am					
9:00-10:00am					
10:00-11:00am			Tammy	Tammy	
11:00-12:00pm			Doris		
3:00-4:00pm		Ron			
4:00-5:00pm		Ron			
5:00-6:00pm	Mike	Ron	Damon		
6:00-7:00pm	Mike		Damon		
7:00-8:00pm					
8:00-9:00pm					

Fitness Center staff is available to assist participants with the use of the equipment. Please refer to the schedule above. Also, please don't hesitate to ask at the front desk if you need assistance or would like to speak with our fitness staff if you are using the facility at times other than the times listed or when the above staff is not available.

### Teen Fitness Orientation

Youth and teens ages 12-13 require parental supervision while training in the Fitness Center and are first required to attend the Teen Fitness Orientation Class. Teens 14-15 years old are required to attend the Teen Fitness Orientation class before using the Fitness Center on his/her own. No children under the age of 12 are allowed in the Fitness Center.

### Teen Fit

Y Members                      Free  
 Non-Members                 \$30.00

Revised 1/20/17

### Grants Pass Family YMCA

1000 Redwood Avenue, Grants Pass OR 97527  
 541-474-0001, [www.grantspassymca.org](http://www.grantspassymca.org)