

Fitness Center Staffed Hours

Date: **1/3/12** Schedule is subject to change, call to verify.

Time	Mon	Tu	Wed	Thu	Fri
8:00-9:00 AM	Linda	Linda	Randy	Linda	
9:00-10:00 AM	Linda	Linda	Linda	Linda	Liz
10:30-11:30 AM		CJ		CJ	
10:00-11:00 AM					Lisa
11:00-Noon	Steve		Doris		
4:30-5:30 PM			Vanessa		
5:00-6:00 PM		Teen Fit			
5:30-6:30 PM	Jack			Tina	
6:30-7:30 PM	Mason				

Free Orientation

All Y members 16 years and up using the Fitness Center are strongly encouraged to take advantage of our *free* Fitness Center Orientation to ensure proper use of equipment and personal safety. Trainers and Volunteers are available for drop-in Orientations during the days and times listed above.

Teen Fitness Orientations

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 or her own.

No children under the age of 12 are allowed in the Fitness Center.

The Teen Fitness Orientation Class, (Teen Fit) is *free* for YMCA Members and \$30 for Non-members, (**parent's permission required**).