



NEW !!!!!

**13 Year Olds
Welcomed to the
Cardio Equipment (treadmills & bikes only)
in Wellness Center**

Rules:

- Initially, needs an orientation from fitness staff on proper use of **treadmills & bikes**
- Use only **treadmills & bikes**, no weights or LifeFitness equipment
- No fitness classes
- Hours of use is the same as for adults
- **Must have a wrist band from Front Desk before coming into Fitness Floor to work out**
- Junior Fitness Kids (9-12) will have yellow lanyards and can only use cardio equipment from Monday-Friday from 3-5 pm and Saturday & Sunday from 12-2 pm.

