

**NO CHILDREN ALLOWED ON THE FITNESS FLOOR
UNDER THE AGE OF 13 YEARS OLD
WITHOUT
CLOSE DIRECT SUPERVISION OF THEIR PARENT OR
GUARDIAN**

**Example of close direct supervision of parent or
guardian:**

- If the parent is on a treadmill, the child has to be on a treadmill next to the parent/guardian.
- If the parent/child is using a weight machine, the parent has to stay with the child until the child has completed that exercise.
- If your child is 13 years of age or older he/she must go through a fitness appointment with the fitness staff and meet all criteria before being allowed to workout alone on the fitness floor.

If you have any questions please see the fitness staff or membership department.

Thanks for your cooperation and providing a safe exercise environment for all members of all ages.