

Youth Fitness



Youth Fitness
Tuesdays & Thursdays
5:30pm-6:30pm
Located in the Cardiac Rehab

Youth 7-13 years of age to utilize the exercise equipment under direct supervision and assistance of Health & Fitness Center staff. Staff will assist youth on exercise equipment such as the Airdyne bicycle, Treadmill, NaStep, and the Upper Body Ergometer. Parents do not need to stay in the youth fitness area, but please remain in the facility. See Front Desk for details.

Free for Family Memberships

**Non-family memberships or Non-Members
\$20.00/month +\$2.00/month each additional child**