



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY FITNESS HOURS

While all families are challenged to eat right, get enough physical activity and find enough time to be together as a family, the YMCA is here to help parents meet these challenges, as a powerful ally to each and every family looking to respond in their own way to a preventable epidemic.

Ages & Hours:

Kids ages 8-12 are welcome to work out with their parents in the Fitness Center anytime EXCEPT:

- 8:00 am—10:00 am Monday—Saturday
- 4:00 pm—7:00 pm Monday—Thursday

How to get started:

Parents and children need to attend a Family Orientation Session before working out together so everyone in the family knows how to work out together safely. Please see any Fitness Staff to schedule an appointment.

Important Information:

- Children must be under DIRECT supervision of a parent or guardian at all times while in the Fitness Center.

GREATER NAPLES YMCA

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