

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## Family Fitness Hours

***During Family Fitness Hours  
Kids from 8-12 years old are welcome to  
work out with their parents!***

### **To safely workout with your child in the Fitness Center:**

Kids and parents are asked to attend a Family POP session—together—where they will learn:

- Equipment basics
- Safety techniques for youth
- Exercise guidelines for youth
- Gym Etiquette
- .....much more!

To make a Family POP (Personalized Orientation Program) appointment stop by the Member Service Desk or the Fitness Center today!



### **Expanded Family Fitness Hours**

Monday—Friday 10:00 a.m.—4:00 p.m. and 7:00 p.m. - close  
Saturday - Sunday 3:00 p.m.—5:00 p.m.

***Parents and youth MUST attend a Family POP together and  
workout together in the Fitness Center for safety reasons.***

#### **Greater Naples YMCA**

5450 YMCA Rd | Naples, FL 34109  
Telephone: (239) 597-3148 | Fax: (239) 597-8415

#### **Bonita Springs YMCA**

27200 Kent Rd | Bonita Springs, FL 34135  
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