

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

EXPANDED

Family Fitness Hours



**Kids ages 8-12 are welcome to work out with their parents
in the Fitness Center anytime EXCEPT:
4:00 pm—7:00 pm Mondays and Wednesdays
5:00 pm—7:00 pm Tuesdays and Thursdays**

For the safety of your children please do not bring them in during these peak times. Children must be under DIRECT supervision of a parent.

Parents and children need to attend a Family POP (Personalized Orientation Program) before working out together.

Kids ages 8-12 are asked to stay away from the free weight area for their own safety and for bone growth plate issues. You will learn more about this at your POP session.

Greater Naples YMCA

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

Bonita Springs YMCA

27200 Kent Rd | Bonita Springs, FL 34135
(239) 992-9622 | Fax (239) 992-9174



www.ymcapalms.org