

TO GIVE YOU MORE TIME TO EXERCISE AS A FAMILY:

## FAMILY FITNESS HOURS

are

# EXPANDING

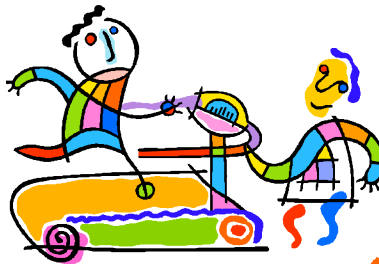
Now kids ages 8 & up\*  
can workout with their parents  
up to 6 times a week

**Monday & Wednesday**  
**Tuesday & Thursday**  
**Saturday & Sunday**

**10am-12pm**  
**4pm-6pm**  
**3pm-5pm**



Greater Naples Branch  
239-597-3148  
[www.ymcapalms.org](http://www.ymcapalms.org)



We Build  
Strong Kids,  
Strong Families,  
Strong Communities

\*Once they have completed the Family PEP or Tween Fitness requirements (Tween Fitness Required for ages 8 and 9)  
\*\*"FreeMotion" and cardio equipment only / Children under 13 not allowed on "Impact" or free weight equipment  
See reverse of flyer for details

# GUIDELINES FOR FAMILY FITNESS

- You and your child will sign up at Fitness Center Desk and complete prior to participating either :  
“Family P.E.P. Series”( parent and child ages 10-12) or  
“Tween Fitness” series (Tween required for ages 8-9)
- Once they have completed the above requirements they will receive a certificate from the Fitness Staff and will be issued a Family Fitness Badge from the Member Service Staff.
- Children ages 8-12 will only be allowed in the fitness area\* during Family Fitness Hours  
M/W 10am-noon, T/TH 4-6pm, S/SU 3-5pm
- Family Fitness Badge will be worn by child at all times when in the fitness center. A location will be provided in the fitness center to store the badge when not in use.
- Parent will remain with child in fitness center at all times.
- Only cardio equipment and “FreeMotion” equipment may be used.\*\*
- Parent and child are to be using the same piece of “FreeMotion” equipment. (taking turns)
- Parent and child are to be as close to each other as possible on any cardio equipment. (side by side preferred)

\*Once they have completed the Family PEP or Tween Fitness requirements

\*\*“FreeMotion” and cardio equipment only / Children under 13 not allowed on “Impact” or free weight equipment