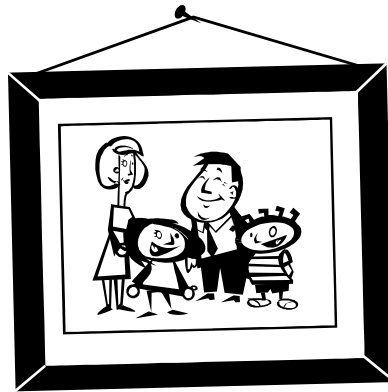




YMCA

Jeep Rogers Family YMCA
Family Fitness Plan



Ages 5 - 9 : Special kid fitness classes at the
Jeep Family YMCA

Ages 10-12: Use of cardio machines only with adult supervision upon completion of orientation. Use of free weights and Sports Art are excluded

Ages 13-14: Aerobic classes and use of cardio machines and Sports Art Machines with adult supervision upon completion of orientation.

Ages 15 & up: Aerobic classes and use of cardio, Sports Art machines/ free weights.
(Orientation recommended)