



Junior Fitness Evaluation Guidelines

10 - 12 years old

- This age group can participate in classes specifically designed for the younger athlete and held in the group exercise studio with a certified trainer/instructor. See the **Youth Fitness Schedule** for more information.
- This age group can also hire a personal trainer to supervise them on the fitness floor after they receive medical clearance from their physician stating it is okay to use the fitness equipment. **No plate loading or barbell benches allowed.**
- This age group can also use the stretching area and group exercise studio when not in use when supervised by a parent or trainer.

13 years old

- This age group must receive medical clearance from their physician prior to using the fitness equipment. The 13 year old must go through a 1st and 2nd evaluation with a trainer (included in membership) with parent present*.
- Workouts are restricted to cardio and Keiser circuit equipment only and must be supervised at all times by either a paid certified trainer or parent.
- The 13 year old is not permitted access to the free weights or circuit line.

14 - 15 years old

- This age group must attend mandatory 1st and 2nd evaluations with a trainer (included in membership). Workouts are restricted to the Keiser line, circuit machines or light free weights. **No barbell benches or barbell squats allowed unless supervised by parent or trainer.**
- After the initial 1st and 2nd evaluations the trainer will determine if the junior is competent to work out on the fitness floor unsupervised, excluding plate loading or barbell benches. A 3rd evaluation may be required as determined by the trainer.
- In order for the 14-15 year old to work out unsupervised, the trainer must state in writing that the junior is competent and communicate this directly to the Fitness Director (Victoria Haffer) and Front Desk Manager (Pat O'Connor) so that the information may be updated in our computer records.

16 years old and older

- This age group must attend 1st and 2nd evaluations with a trainer (included in membership) before they can have full access to the fitness center.

For more information please see the Fitness Director

*Parent must be present for initial part of evaluation for signature.