



FREE YOUTH & TEEN FITNESS ORIENTATION

**YOUTH AGES 10-17 MUST COMPLETE OUR FREE FIT 101
ORIENTATION BEFORE USING OUR WELLNESS CENTERS.**

Youth Fit 101 shows members between the ages of 10 and 12 how to safely use our cardio equipment. After completing this orientation, these Youth members are eligible to use all cardio equipment with a parent or guardian present.

Teen Fit 101 shows members between the ages of 13 and 17 how to safely use all cardio and strength training equipment. After completing this orientation, these members are eligible to use all equipment in our Wellness Centers.

TOPICS COVERED

- Exercising safely
- Cardio equipment: proper use, settings and safety
- Weight machines: proper use, settings and safety
- Gym etiquette

Sign up at the Member Service desk today!

ymcatoledo.org