

June-September 2011 Fitness Training Center Schedule

**NO ONE IS ALLOWED ON ANY EQUIPMENT,
WITHOUT PROPER INSTRUCTION BY A STAFF
PERSON!!**

No Thongs or Exposed Midriffs Allowed
No Food or Drinks Other Than Water Allowed in FTC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	5-7am OPEN	5am-9pm OPEN	5-7am OPEN	5am-9pm OPEN	5-7am OPEN	8am-12pm OPEN
	7-8am Cardiac Rehab ONLY		7-8am Cardiac Rehab ONLY		7-8am Cardiac Rehab ONLY	
	8am-9pm OPEN		8am-9pm OPEN		8am-6pm OPEN	

FITNESS TRAINING CENTER RULES AND REGULATIONS

**During the hours of operation, the FTC is open to all individuals age 8 and older.
The following rules apply to youth under high school age.**

- **Monday-Friday, during the hours of 3-5pm, middle school youth will be allowed to use the facility without parental supervision. After 5pm, parental supervision is required.**
- **Middle school youth are allowed to use the facility on Saturday and Sunday without parental supervision.**
- **After 8pm, ages 16 and up only (unless a parent is in the FTC with them)**
- **During times when school is out, middle school youth will be allowed to use the FTC without parental supervision during staff hours of 9am-5pm. Before 9am and after 5pm, parental supervision is required.**
- **Children 8-11 years old (or up through 5th grade) are allowed to use the FTC ONLY with parental supervision. They will ONLY be allowed to use equipment with staff approval.**
- **Children under age 8 are not permitted in the FTC.**