



# WELLNESS YOUTH POLICY

**ALL KIDS UNDER 16 MUST GET A BAND**



## 9 – 12 ORANGE BAND

**HERE IS WHAT YOU HAVE ACCESS TO | PARENTS PRESENT**

- ▶ Cardio Machines
- ▶ Group exercise classes without weights/equipment

## 13 – 15 BLUE BAND



**HERE IS WHAT YOU HAVE ACCESS TO | PARENTS PRESENT**

- ▶ Cardio Machines
- ▶ All Group exercise classes
- ▶ Wellness Floor/Strength



## 16+ NO BAND

