

# Fitness Center Orientations

***All Youth Are Always  
Welcome in Our Lower  
Level Fitness Center***

Get started right away in your fitness journey!

You will learn how to safely & effectively use the cardio equipment like the treadmills, bikes, & elliptical trainers.

The fitness center staff is available to work with you. Our aim is to be able to accommodate you immediately, if however they are working with another member, they can schedule an appointment to meet your needs.

The orientation takes 1/2 hour.

Following the orientation, you can then register for one of our Youth Fitness Classes.

# Youth Basic & Brief

You will learn essential techniques of both strength training and cardiovascular exercise.

For 4 week intervals. Ask a Membership Desk Staff to sign you up for the next available time slot.

Classes meet in the Comfort Zone which is on the lower level. Accessible via the stairs across from the 38th St. entrance desk.

## **Family Basic & Brief**

We also offer this class for

Families working out together . Ask at the Membership desk for registration details.

# Glenwood YMCA Youth Opportunities Ages 11+



[www.ymcaerie.org](http://www.ymcaerie.org)

Facebook Fans:  
Glenwood Park  
Family YMCA

## Teen Center

Teen Center is closed for the summer. Will re-open in September.

There is always something going on here the YMCA. Check at the front desk or online at [www.ymcaerie.org](http://www.ymcaerie.org) for our special events.

Why not have a party here at the YMCA?!

The Fun'n Fit & Swimming pools are available for party rentals.

## Youth Fitness

You will learn how to use the cardio equipment & use the weight machines. You will also learn techniques of flexibility, strength, & cardio training.

After completing the class you will receive your "Gold" Workout Card.

The "Gold" Card is used for keeping track of your workouts + we will be using them for fun contests !!

The class has 4 sessions.

See the Membership Desk Staff to find the next available time slot.

Classes meet in the Fireside Café.

## Fun & Fit Zone

A place for young members to hang out. Have fun and stay fit with Kinects, Nintendo Wii Game Systems, air hockey table, Dance Dance Revolution (DDR), Espresso Bikes (interactive stationary bike), movies, board games and more.

Weekdays 4:30pm—8pm  
Saturday 8am—noon

Located upstairs. From the 38th St. entrance take the stairs directly across from the desk up one level and go through the door on your Left. Follow the hallway into the Fun & Fit Zone.