



## Junior Pass Holder Access & Orientation

### **Junior Pass Holder Access to Fitness Area:**

Junior pass holders ages 12-14 are welcome to work out in the fitness area anytime except M-F from 5:00-7:00pm. Some equipment is not appropriate for this age range, so all junior pass holders must attend a free junior pass holder orientation before using the fitness area.

### **Junior Pass Holder Orientations:**

This free orientation is for teens ages 12-14 and is required before you can work out in the fitness area. We will orientate you on all equipment in the fitness area that is appropriate for your age range and discuss rules, regulations and proper weight room etiquette. Orientations can take place anytime from 9am-9pm, except M-F 5-7pm (adult only hours).

### **Fitness Orientations:**

This 30-minute session will teach you how to use, program, and adjust all cardiovascular and strength equipment. Tour the group exercise room and find out what each class has to offer. Times and Dates are Tues. 9:30am, Wed. 7:00pm, Thurs. 4:00pm. Free to Pass Holders.