



## Junior Fitness Programming Effective: September 2010



### **Junior Weight Training Policy:** Junior Weight Training Policy (less than 18 years old)

In order to participate in the fitness area, **ALL** Juniors must be members and must have a signed parental consent form on file.

Junior members may not visit on guest passes unless arrangements have been made with the Fitness Manager and the appropriate paperwork is on file.

**Juniors 7 and under:** May not be in the fitness center. Parents may make arrangements with Fitness Staff to discuss fitness options for young children.

**Juniors 10 to 8 years old:** Must meet with fitness staff to make arrangements as to what constitutes appropriate exercise. Juniors 10 and under must be accompanied by a parent or legal guardian at all times in the fitness area.

**Juniors 11 to 14 years old:** Must be on a program (i.e. personal training, TNT, Weight Training 101) and must be accompanied by a parent or legal guardian at all times with the exception of Junior Weight Training Hour (M-F 4:00 to 5:30 PM, Saturday 1:00pm –2:30pm)

**Juniors 15 to 18 years old:** Must go through orientations and/or need to be on a program designed by the staff.

Note: This policy is for the upstairs fitness area only. For safety reasons, infants are NOT allowed in the fitness area.

**Junior Weight Training Hour:** During this time, we'll allow junior members [11-14 years old to use the fitness area (upstairs gym ONLY)] without a parent or legal guardian present. We will have a staff member assigned to supervise the area. These junior members must have completed Weight training 101 or a program approved by the fitness manager. This program is free to all members

**Equipment Orientation:** Sign-up at the Fitness Desk and join a group to learn the basics of the Cybex, Nautilus and Cardio Equipment. See fitness flyer for class times.

**Weight Training 101:** Meet with an instructor in a small group to get started with a free general workout to follow for 6-8 weeks. See fitness flyer for class times.

**Sport Yoga:** This class includes a 3-5 minute warm-up followed by the presentation of a variety of strengthening poses, relaxing stretches and movements that will refresh and energize you. This program is free to all members. There is no need to sign-up. Just meet in the group exercise room. (June, July, August)

**TNT Yoga:** This class includes a 3-5 minute warm-up followed by the presentation of a variety of relaxing stretches and poses that will refresh and energize you. This program is free to all members. There's no need to sign-up. Just meet in the group exercise room.

**Abs & Stretch:** - A fitness instructor will lead you through an abdominal workout and flexibility exercises (approx. 15 min.) It's a great way to end your exercise session. There's no need to sign-up. Just meet at the mats in the fitness area.

**Family Zumba:** A fun, different and effective aerobic workout infusing body energizing Latin rhythms and easy to follow moves. (bring your parents and/or siblings)

**\*Core Agility:** These classes combine plyometric drills, agility drills, footwork drills, eye hand coordination, body awareness and sport specific adaptations. The cost is \$50.00 per session. Must be a member of Center Court Fitness Club. Sign-up at the fitness desk or call 764-2790. Class size is limited. *\*Classes will run in 4 week sessions. We must have a minimum of 4 participants signed up to offer these classes. If class times fill we will add more class times.*



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:35 am - 6:50 am <b>Abs &amp; Stretch</b> Group Exercise Room		6:35 am - 6:50 am <b>Abs &amp; Stretch</b> Group Exercise Room		6:35 am - 6:50 am <b>Abs &amp; Stretch</b> Group Exercise Room		
3:30 pm - 5:30 pm <b>Junior Weight</b> Training Fitness Room	3:30 pm - 5:30 pm <b>Junior Weight</b> Training Fitness Room	3:30 pm - 5:30 pm <b>Junior Weight</b> Training Fitness Room	3:30 pm - 5:30 pm <b>Junior Weight</b> Training Fitness Room	3:30 pm - 5:30 pm <b>Junior Weight</b> Training Fitness Room	1:00 pm - 2:30 pm <b>Junior Weight</b> Training Fitness Room	
4:00 pm - 4:30 pm <b>*Core Agility</b> Group Exercise Room	4:00 pm - 4:30 pm <b>TNT Yoga</b> Group Exercise Room	4:00 pm - 4:30 pm <b>*Core Agility</b> Group Exercise Room	4:00 pm - 4:30 pm <b>TNT Yoga</b> Group Exercise Room			
	4:35 pm - 5:05 pm <b>Family Zumba</b> Group Exercise Room	7:30 pm - 7:45 pm <b>Abs &amp; Stretch</b> Fitness Room				