



# Youth & Family Interactive Gym Hours –Winter

(All children ages 9-12 must be supervised by a parent or guardian at all times. Children must be trained to use the strength training equipment by the wellness staff.)

## **Monday**

5:00AM-4:30PM

5:20PM-9:45PM

## **Tuesday**

5:00AM-3:40PM

6:45-9:45PM

## **Wednesday**

5:00AM-4:30PM

5:20PM-9:45PM

## **Thursday**

5:00AM-3:40PM

6:45PM-9:45PM

## **Friday**

5:00AM-9:00AM

9:30AM-3:45PM

4:30PM-9:45PM

## **Saturday**

7:00AM-6:45PM

## **Sunday**

7:00AM-6:45PM

Please note at times the Dance Dance Revolution may not be available.

PREFERENCE IS GIVEN IN THE YOUTH AND FAMILY ROOM TO CHILDREN 9-12 YEARS OF AGE AND THEIR PARENT OR GUARDIAN. PREFERENCE IS ALSO GIVEN TO MOM'S AND DAD'S AND THEIR INFANTS (UNDER 10 MONTHS) PLEASE CONTACT THE WELLNESS STAFF IF YOU NEED ASSISTANCE.

PLEASE NOTE THAT THE DANCE REVOLUTION MAY NOT ALWAYS BE AVAILBLE.