

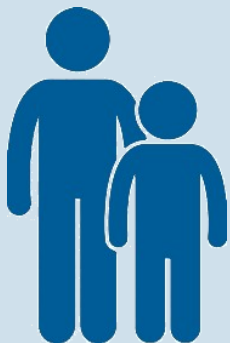


**GLENDALE
SPORTS CENTER**
AT INFINITY PARK®

KEEP KIDS FIT & SAFE

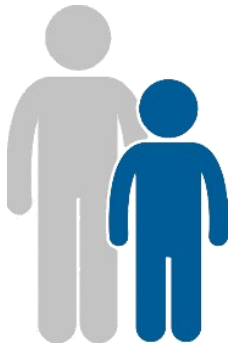
Fitness Center Age Guidelines

Kids over age 8 are welcome in the Glendale Sports Center Fitness Center to exercise, build strength, and start creating fitness habits that will last a lifetime.



8 TO 10 YEARS OLD

- **You must be accompanied by a parent or guardian at all times.**
- Before using any equipment, **you must attend a fitness orientation with a parent or guardian.**
- **Suggestion:** Try cardio machines like rowers and treadmills.



11 TO 13 YEARS OLD

- You can use equipment without parent or guardian supervision.
- Before using any equipment, **you must attend a fitness orientation with a parent or guardian.**
- **Suggestion:** Try the selectorized equipment and/or ellipticals.



14 AND OLDER

- You can use equipment without parent or guardian supervision.
- No orientation is required.
- **Suggestion:** Talk to a trainer about your goals and they can help develop a program for you.

Contact the front desk for more information.