

# January-March Fitness Training Center Schedule

**NO ONE IS ALLOWED ON ANY EQUIPMENT,  
WITHOUT PROPER INSTRUCTION BY A STAFF  
PERSON!!**

No Thongs or Exposed Midriffs Allowed  
No Food or Drinks Other Than Water Allowed in FTC

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>2-5pm OPEN</b>	<b>5-7am OPEN</b>	<b>5am-9pm OPEN</b>	<b>5-7am OPEN</b>	<b>5am-9pm OPEN</b>	<b>5-7am OPEN</b>	<b>8am-2pm OPEN</b>
	<b>7-8am Cardiac Rehab ONLY</b>		<b>7-8am Cardiac Rehab ONLY</b>		<b>7-8am Cardiac Rehab ONLY</b>	
	<b>8am-9pm OPEN</b>		<b>8am-9pm OPEN</b>		<b>8am-7pm OPEN</b>	

## **FITNESS TRAINING CENTER RULES AND REGULATIONS**

**During the hours of operation, the FTC is open to all individuals age 8 and older.  
The following rules apply to youth under high school age.**

- **Monday-Friday, during the hours of 3-5pm, middle school youth will be allowed to use the facility without parental supervision. After 5pm, parental supervision is required.**
- **Middle school youth are allowed to use the facility on Saturday and Sunday without parental supervision.**
- **After 8pm, ages 16 and up only (unless a parent is in the FTC with them)**
- **During times when school is out, middle school youth will be allowed to use the FTC without parental supervision during staff hours of 9am-5pm. Before 9am and after 5pm, parental supervision is required.**
- **Children 8-11 years old (or up through 5<sup>th</sup> grade) are allowed to use the FTC ONLY with parental supervision. They will ONLY be allowed to use equipment with staff approval.**
- **Children under age 8 are not permitted in the FTC.**