

Required for all NEW members age 12-14 yrs as of February 1, 2010!

Youth Orientation

- Proper usage of all equipment
- Proper technique on various exercises using machines
- Alternative exercises for major muscle groups
- 30-60minutes
- Sign-up at the front desk when your family joins the facility
- ABSOLUTELY REQUIRED FOR THOSE 12-14 YRS WHO WANT TO USE OUR FITNESS MACHINES
- Questions? Call Heather Cox @ 309-444-8222 ext. 23



If you're already a member, it is highly recommended that your child sign up at the front desk as well. Thank you!



FIVE POINTS
WASHINGTON