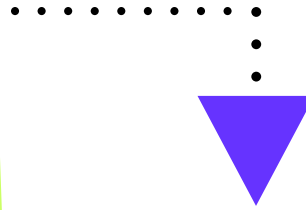


YOUTH FITNESS **ORIENTATION**



- All Children ages 6-9 are only allowed on the indoor tracks, racquet ball courts and basketball court.
- All Children ages 10-13 must meet with a Personal Trainer before using specific weight training equipment.
- Once the child is certified by the Personal Trainer the child may use the specified equipment.
- Children ages 10-13 may use the stationary bike, curve treadmill, basketball, indoor tracks and racquetball courts.
- Children ages 10-13 must check out a “Youth Badge” at the front desk before using any equipment each visit.

SIGN UP AT THE FITNESS DESK OR FRONT DESK TODAY!

**CBRC’S GOAL IS TO
EDUCATE YOUR CHILD
IN HEALTH AND
WELLNESS.**

**SIGN UP FOR YOUR
CHILDS
YOUTH ORIENTATION
TODAY!**



If you have any questions or concerns please contact
Morgan Fewel at (509) 943-8416 or
at morganfewel@my-cbrc.com



Thank you for your cooperation!



* parent must be present in the club during these activities.