

Children in Group Fitness Classes

We have specific classes that are designed with our younger exercisers in mind. These are labeled as "Family" classes. Most are open to all ages with the exception of our Family Spin classes which are height-restricted due to the equipment used so our Family Spin participants must be at least 4'11" approximately. Ask our Front Desk about our special fees for families participating in these family classes.

For the remainder of our schedule, the purpose of group fitness classes is to provide a safe environment for all participants working toward their fitness goals. To achieve this, these other classes are oriented to an adult level and we allow participants ages 16 and older. We do accommodate requests for those ages 12 to 15, with the following restrictions/understandings:

1. Classes are geared to the adult population.
2. Child must be participating and not disrupting.
3. Parents must be in attendance with the 12-15 year olds,
4. The group fitness instructor has the ultimate say as to whether a 12-15 year old can attend the class.

For children younger than age 12, permission would have to be granted by the Group Fitness Supervisor, on a case-by-case basis.