



YMCA OF GREATER WESTFIELD
67 COURT STREET
WESTFIELD, MA 01086
413.568.8631 | www.westfieldymca.org

AGE GUIDELINES

- **Members age 10 to 12: Must be with a parent to use the Cardio Room & Wellness Room. Three appointments in Wellness are required with a trainer before using equipment.**
- **After 7PM, Members age 10-13 must be with a parent**
- **Members age 10 and up, with a parent may join classes depending on availability. Children must fully participate in the workout routine for the duration of the class. Registration is required.**
- **Members age 13-14 with a parent have access to free weight & functional training rooms**
- **Members age 15 and up have access to all cardio classes & wellness center**
- **Members 15 and up have full facility usage**
- **Certified Personal Trainers are available for additional workout programs. See flyer for more information.**

Always consult a physician before beginning any exercise programs or using any cardio and strength training equipment.