



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH GUIDELINES FOR PARTICIPATING IN GROUP EXERCISE CLASSES:

**THE FOLLOWING CLASSES ARE FAMILY FRIENDLY AND CHILDREN 10+ ARE WELCOME UNDER THE DIRECT SUPERVISION OF A PARENT/GUARDIAN:**

- Yoga
- ForeverWell Yoga
- Pilates (excludes Pilates Foam Rolling)
- ForeverWell Pilates
- Zumba/Zumba Gold
- Hip Hop
- Water Fitness (Except Arthritis Aquatics)
- Essentrics
- Science of Stretch
- Group Cycling\*
- ForeverWell Cycling\*
- TaiChi for Beginners
- Drums Alive
- Drums Alive Golden Beats
- Group Groove

\*Only if the child properly fits the bike and is fitted by the instructor.

- Youth 13 years old and up can attend any of our other classes on their own, except for BodyPump. BodyPump participants must be at least 16 years old.
- Youth are restricted from all Studios unless participating in one of the classes outlined above with a parent or guardian.
- The same age guidelines apply to YMCA360 InStudio, the on-demand software in Studio 3 Downtown.
- These guidelines have been established for the safety of all class participants.