



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFELY BUILDING STRONG KIDS

Youth Wellness Center Access NORTHFIELD AREA FAMILY YMCA

FITNESS EQUIPMENT AND CLASSES

Ages 10–12 Red Wristband

(accompanied by an adult)

Ages 13–14 White Wristband

Ages 15–17 Blue Wristband

CARDIO

Treadmill
Elliptical
Recumbent Bike
Upright Bike
Spin Bike
Octane
NuStep
Stepmill
Rower Machine

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Yes
Yes
Yes
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Yes
Yes
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Yes

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Yes
Yes
Yes
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Yes
Yes
Yes
Yes

Yes
Yes
Yes
Yes
Yes
Yes
Yes
Yes
Yes

STRENGTH

Strength Machines
Free Weights
Weight Benches
Cable Cross Machine
Squat Rack

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Yes
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Yes
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Yes
Yes
Yes
Yes
Yes

WELLNESS EQUIPMENT

Stability Balls (large, non-weighted)
Medicine Balls (small, weighted)
Bosu Ball
Resistance Bands/Tubing
Jump Ropes

Yes
Yes
Yes
Yes
Yes

Yes
Yes
Yes
Yes
Yes

Yes
Yes
Yes
Yes
Yes

GROUP EXERCISE

Group Exercise Classes

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Yes

Yes

Youth must be 10 years of age to use any fitness equipment.

Anyone ages 10–17 must complete a Youth Orientation before using any fitness equipment. Youth must also wear the appropriate wristband each time they use the Wellness Center.

Anyone under 13 years of age must have an adult with them at all times when in the Wellness Center (not in a group exercise class).

Anyone under 9 years of age may use the walking track as long as an adult is with them at all times.

Ages 13+ may attend group exercise classes and can be unattended in the Wellness Center.