

Fitness Room Guidelines:

Ages 13-15

Age Guideline: Children ages 13-15 that would like to use the Fitness Room MUST never be alone in the room. They either have to have direct adult supervision in the room OR they must have another student in the room and they **both** must have a completed Safety Orientation with Chelsea Prior to beginning their membership.

Pricing: \$15 registration fee and FREE monthly

Ages 16-17

Age Guideline: Children 16 and 17 year of age do NOT need supervision and do NOT need a partner in the room with them. They will be required to go through a Safety Orientation before beginning their membership.

Pricing: \$15 registration fee and FREE monthly

Ages 18-59

- **Current High School students (and can show current school I.D.)...**

Age Guideline: Safety Orientation is not mandatory. There is always an option to set up an orientation with Chelsea if desired.

Pricing: \$15 registration fee and FREE monthly

- **All other adults ages 18-59...**

Age Guideline: Safety Orientation is not mandatory. There is always an option to set up an orientation with Chelsea if desired.

Pricing: \$15 sign-up fee and \$10/month

Ages 60+

Age Guideline: Safety Orientation is not mandatory. There is always an option to set up an orientation with Chelsea if desired.

Pricing: \$15 registration fee and FREE monthly

WMFC Staff and Spouse: \$15 registration fee and FREE monthly.

WMFC Volunteers (10 hours/week): \$15 registration fee and FREE monthly

^^Age Guidelines still apply accordingly^^

- The Safety Orientation will explain all the details of the equipment and show the proper motions of each machine. If there are any questions or concerns regarding machines and equipment, weight ranges, usage, etc. this would be the perfect time to discuss it. Members may also always refer back to Chelsea if questions arise.
- At any time, per the discretion of the Welcome Center Staff, a member may be asked to leave if involved in horse-play or being disrespectful to our staff or equipment.