

FREE! JULY 5 - SEPT 3



THERECC.CA

# FREE TEEN FITNESS

Free Teen Fitness is a no-cost specialty membership to RECC Fitness Centre. It is designed to encourage teens age 13 to 17, to take advantage of the summer holidays + stay active with complimentary week day access; FREE OF CHARGE 8am to 4pm; Monday to Friday.

## DISCLAIMER:

While Free Teen Fitness is free, the following conditions apply:

ALL AGES MUST COMPLETE A REGISTRATION PACKAGE Waiver + Membership Agreement with Parent/guardian signature

AGES 13 - 15 MUST COMPLETE A FIT START ORIENTATION with a passing grade on Quiz

AGES 16 + 17 DO NOT REQUIRE ORIENTATION BUT IS STRONGLY ENCOURAGED FOR NEWCOMERS

All participants are able to use the selectorized circuit, cardio equipment and free weights up to 15 lbs. Barbells, plate-loaded equipment and free weights exceeding 15 lbs. are NOT accessible to Teen Fitness members. Participants wishing to use free weights (up to 15 lbs.) will be required to demonstrate proper form and technique to a fitness associate. Use of the ADC room is prohibited. Participants wishing to use the fitness centre outside of stated times are subject to drop in fee.

Apply In Person at the RECC Welcome Desk!

MON - FRI | 8am - 4pm | TEENS AGE 13 - 17 | APPLY TODAY!