

# FAMILY FITNESS HOUR

Making Fitness a Fun Family Affair

## RULES FOR FAMILY ROOM USE

- Parents must attend 15-minute safety class by a Fitness Specialist before children can use the fitness rooms
- Present Safety Training Class card to fitness center staff prior to workout
- Parents must stay with their children at all times
- No children allowed to workout in Family Room
- No food or drink allowed in Family Room except for sport drinks for adults

## SAFETY CLASS By appointment only

### Medina Fitness Center

Bldg. 199, 671-4477/4525

### Warhawk Fitness Center

Bldg. 2418, 671-4850/2016

## HOURS

### Medina & Warhawk Fitness Center Weekend Hours

Ages 9-12 only, Saturdays & Sundays 1-4p.m.



[www.lacklandfss.com](http://www.lacklandfss.com)