



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH GUIDELINES FOR PARTICIPATING IN GROUP EXERCISE CLASSES:

**CHILDREN 10 AND OLDER MAY ATTEND THE FOLLOWING
ADULT GROUP EXERCISE CLASSES UNDER THE DIRECT
SUPERVISION OF THEIR PARENT OR LEGAL GUARDIAN:**

- Yoga (excludes Hot Yoga)
- Intermediate Chair Yoga
- SilverSneakers Yoga
- Pilates (excludes Pilates Foam Rolling)
- Senior Pilates
- Zumba
- Hip Hop
- Aerobic Dance
- Senior Aerobic Dance
- Pregnancy & Stroller Fit
- Essentrics
- Meditation
- Group Cycling*
- Senior Cycling*

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

- Youth high school age and older can attend any of our other classes on their own, except for BodyPump. BodyPump participants must be at least 16 years old.
- The Oshkosh YMCA also offers classes specifically for Youth and classes for families with children 4 and older. Please see the Front Desk for details.
- The same age guidelines apply to Fitness On Demand classes.
- These guidelines have been established for the safety of all class participants.