



# Bring the Kids and Come Work Out Together in our Family Health and Adventure Center



Heavy Ball  
Drop Game

**Family** and **Single Parent Family** Facility Members can now bring their children ages 8+ who are active members on their membership to our Family Health and Adventure Center during our **Reserved Weekend Family Times**.

- All visiting members must wear facial coverings, complete our Health Screening upon check in, and comply with all facility code of conduct and safety guidelines.
- Parents must remain in the Health and Adventure Center with their child(ren) at all times during their visit.
- Max of 5 family members per appointment.
- All members must reside in the same household.



Espresso Bikes



Ninja Training  
Course

## SATURDAY FAMILY TIMES:

- 1:00PM-1:45PM
- 2:00PM- 2:45PM
- 3:00PM-3:30PM

## SUNDAY FAMILY TIMES:

- 9:30AM -10:15AM
- 10:30AM -11:15AM
- 11:30AM -12:15PM
- 12:30PM -1:15PM
- 1:15PM - 1:45PM