GROUP EXERCISE GUIDELINES FOR AGES 7–15

CLASS PARTICIPANTS:
Here are options for your kiddos while you are enjoying a group exercise class at the YMCA.

IF YOU ARE — YOU CAN:

7–11
Check out the Rush Zone, a supervised place for older kids to hang out in Play & Learn while parents are at the YMCA

11–15
Participate in a group exercise class, if accompanied by an adult (age 19+)

16+
Participate in all group exercise options

For the safety of all class participants, children ages 10 and under are not to be in the group exercise studio during class or to be left unattended in the hallway during class.

The YMCA of Greater Indianapolis Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Caring  Honesty  Respect  Responsibility