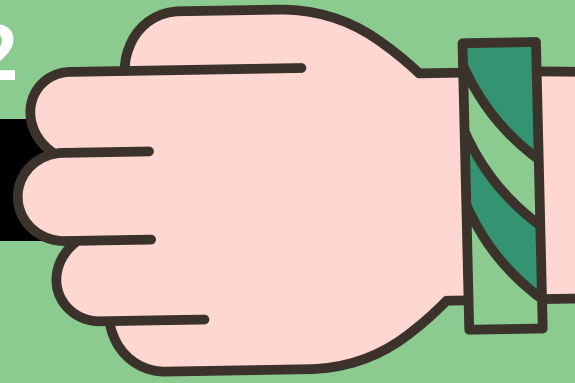


MEMBER KIDS AGES 10-12

GAIN ADDITIONAL ACCESS TO THE CLUB\*



# FITKID CERTIFICATION

Ascension Genesys Health Club has a complimentary safety orientation that will allow your child to become "**FitKid Certified**", granting them additional access to the club (*with parent supervision*).



Once **FitKid Certified**, your child will receive a **GREEN WRISTBAND** upon check-in at the Service Desk, and will then have access to:

- **Cardio Equipment in Tennis Barn**
- **Mezzanine Area**
  - WOW workouts; which include small equipment introduction and usage
  - cardio equipment
  - resistance tubing and slideboards
- **Track\*\***
- **Group Fitness Classes**

*\*Our FitKid Certification incorporates proper lifting protocols, rules of engagement, available areas of service, areas that are off-limits (such as Fitness Concourse, Complete Athlete Area, etc.), equipment usage and availability, along with some standard behavior expectations. \*\*Adult must be in the track area and able to visually see FitKid child at all times.*



**SCAN THE QR CODE TO SCHEDULE YOUR COMPLIMENTARY  
FITKID CERTIFICATION APPOINTMENT TODAY!**



Don't be a stranger... Follow **Ascension Genesys Health Club** on Facebook @AGHCfit and Instagram @ascensiongenesyshealthclub.

Plus! Receive special offers and stay up to date on all the classes, programs, and services you love by visiting us online at [www.AscensionGenesysHealthClub.com](http://www.AscensionGenesysHealthClub.com) or by downloading our **Mobile App!**



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