



# **Bluefield Fitness & Recreation Center**

## **Fitness & Recreation Center Guidelines**



**The Fitness & Recreation Center is a members only facility.**

**\*All members will be responsible for cleaning equipment before and after use\***

## **FACILITY USE GUIDELINES FOR MEMBERS:**

### **FITNESS FLOOR**

- 12-14 Years Old: Access to cardio and pin select machines with supervision
- 15 Years Old & Up: Access to cardio and pin select, free weight room without supervision

### **GROUP EXERCISE**

- 12-14 Years Old: Access to all classes except cycle, boot camp, & ropes with supervision
- 13 Years Old & Up: Full access to all classes without supervision

### **POOL**

- 6 Years Old & Under: Access with adult supervision
- 7-11 Years Old: Must pass a swim test and an adult in the facility
- 12 Years Old & Up: Full access without supervision

### **GYM**

- 6 Years Old & Under: Access with adult supervision
- 7-11 Years Old: Access with adult in the facility
- 12 Years Old & Up: Full access without supervision

## **RACQUETBALL COURT**

- 12 Years Old & Under: Access with adult supervision
- 13 Years Old & Up: Full access without supervision

## **CHILD WATCH**

- 6 Months to 11 Years Old: Access with a parent in the facility for 1.5 hours max

## **Fitness & Recreation Center Amenities:**

- Gymnasium
- Lap Pool
- Free Weights, Selectorized Weights, and Cardio equipment
- Group Exercise rooms and classes
- Circuit Room
- Racquetball Court
- Pickleball
- Child Watch (Monday - Thursday 5:00pm - 7:30pm)



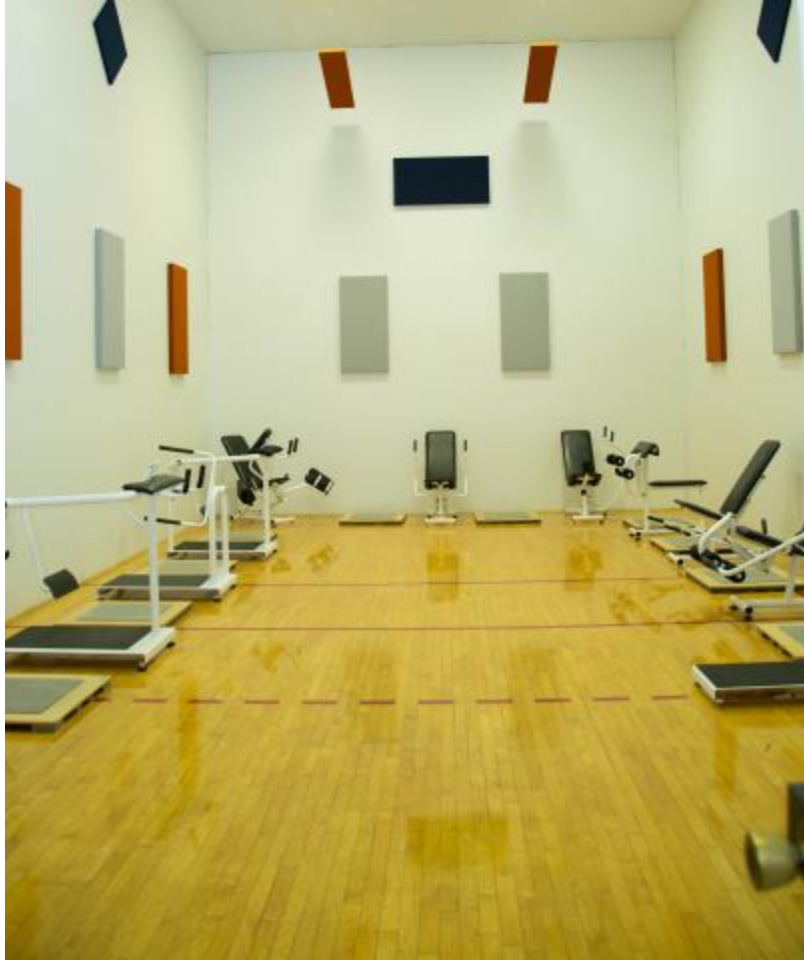
## **Holiday Closures:**

- New Years Day
- Easter
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Day after Thanksgiving
- Christmas Eve
- Christmas Day











Bluefield Fitness and Recreation Now open on Sundays 4.61 MB

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march\_gym\_schedule\_2024.jpg 462.98 KB

March Pool Schedule 2024 440.2 KB

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