

Youth Weight Room Orientations & ID Policy

Ages: 15-17 yrs

In an effort to provide the opportunity to safely enjoy our weight and fitness equipment, orientations for youth between the ages of 15 and 17 years are required. This brief orientation, along with a weight room ID card, is a service offered by the Recreation Center at no charge beyond paid admission to the center. To guarantee an orientation spot, please call for an appointment.

Fitness attendant hours: Monday-Tuesday, 5-6:30 p.m.

Parent/Youth Workout Times

Parents and youth 10 years and older are now welcome to work out together at the Bob L. Burger Recreation Center. This includes use of weight room, cardiovascular equipment and track. Work out anytime, except Monday-Thursday, 5-7:30pm, our peak time.

- Child must be 10 years or older.
- Parent and child must be working out together. Not just in the facility together. This means that the parent is supervising their child's workout.
- Parent and child must come in together to do a weight room orientation with a weight room supervisor, Monday-Thursday 5-6:30pm, before beginning workouts on their own. Orientation is free of charge, daily admission fee required for parent and youth. By appointment only. Please call 303-665-0469 to schedule.
- Child will receive a Parent/Youth weight room ID, at no additional charge, following the orientation.
- Use of the facility is a privilege and can be revoked at any time should parent and youth not adhere to the rules.

ADULT WEIGHT ROOM ORIENTATIONS

For the price of admission, trained staff will provide personalized weight training orientation to anyone 18 years and older. Learn how to correctly use our Nautilus, cardiovascular and free weight equipment. This assistance is provided any time a fitness attendant is on duty. Please see the front desk to set an appointment. **Fitness attendant hours: Monday & Tuesday, 5-8pm.**

Equipment Check-Out

The Recreation Center has a variety of equipment available for facility guests to check out from the front desk. Users need only present a valid ID card which will be held until the equipment is returned. Some of the equipment available includes:

- * Basketballs
- * Exercise balls
- * Racquets
- * Fins & Masks
- * Volleyballs
- * Exercise bands
- * Racquetballs
- * Racquetball goggles
- * Weight belts
- * Hair dryers
- * Medicine balls
- * Weighted balls

Youth Weight Training 12+ yrs

This class is open for youth age 12 and up. The Recreation Center will waive the policy of 15 and older age limit for this class. It will be taught by a qualified instructor at the Recreation Center. The class is designed to teach the basics in fitness. It will include: free weights, Nautilus and cardiovascular machines as well as weight room etiquette and safety. Location: Recreation Center. Maximum of 5 participants.

Participants successfully completing the Youth Weight Training Class may use the Weight Room Monday - Friday, 4-5pm only.

Code	R/NR	Day	Time	Date
312040A	\$55/\$65	Tue/Thr	4-5 pm	1/8-1/31
312040B	\$55/\$65	Tue/Thr	4-5 pm	2/5-2/28
312040C	\$55/\$65	Tue/Thr	4-5 pm	3/5-4/4*

***No class 3/26 and 28**

PERSONAL TRAINERS

Not getting enough out of your workout? Does your exercise routine seem old? A personal trainer may be the answer for you.

The Bob L. Burger Recreation Center has teamed up with some of the best personal trainers around to offer this service. To arrange a meeting simply call one of the trainers listed. Each trainer has unique qualities and a varying outlook and focus.

Visit our website (www.cityoflafayette.com/recreation) for complete bios. If you would like more information before calling one of the trainers, contact Kris Kron at 303-665-0469.

Meet our Personal Trainers



**TERESA
ANDERSON**

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**HEATHER
PATIK**

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**LIZ
NEGREY**

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