



THE ALASKA CLUB
Family Fit Ready Review

1. Greet parent and child.
2. Complete Family Fit Ready sheet.
3. Call members by their name upon learning it via filling out the sheet.
4. Assess size of child – note any services not available due to physical size limits.
5. Cardio area:
 - Review equipment appropriate for the child i.e. treadmill, step mill.
 - Identify equipment not appropriate, AMT or anything too large.
 - Identify proper way to enter and exit equipment.
 - Affirm that the parent must be on equipment right next to the youth or very nearby if other member usage does not allow them to be directly next to each other.
 - Identify how to use ear pads and cardio theatre.
6. Group fitness classes:
 - Identify appropriate classes based on the child's interests, size and family's schedule.
 - Examples: Dance Cardio, Yoga, Pilates, Group Kick, Insanity, Cycle.
7. Zumba/Hot Hula:
 - Youth fee for these classes is \$3 per session.
8. Expressway:
 - If youth does not fit machine, use body weight exercise option
 - o Leg Ext/Leg Curl: Squats
 - o Chest press: Push ups
 - o Ab machine: Curls
 - o Low back machine: Cobra
9. Family track times:
 - o What are they in your club? These are the only times youth are allowed on the track.
 - o Parent must be actively using the track as well.



THE ALASKA CLUB

Family Fit Ready Review Sheet

Parent's name: _____

Youth's Name: _____

Attire review:

- Clean indoor only shoes
- Workout clothing

Cardio Review:

- Equipment to use: _____
- Equipment not to use based on size: _____
- How to enter/exit equipment
- Cardio Theater usage
- Parent next to youth

Group Fitness review:

- List classes that will be appropriate: _____
- Youth must be able to participate via the instructor's direction only – no redirect from parent.
- During classes, no conversations or cell phones.
- During classes, follow the exercises provided by the instructor.
- Parent must participate in the same group fitness class as the youth.

Zumba Hot/Hula Review:

- In addition to group items, \$3 charge for youth ages 10 – 13.

ExpressWay:

- Goal for youth is to learn form and become more aware of how their muscles move their body.
- Due to growing bodies, youth will avoid muscular failure at the end of a set.
- If the youth does not fit into a machine, an alternative body weight exercise will be provided.
- Youth must use the card system and follow instructions from staff.
- Parent must be using the card system workout while youth is participating in Expressway.

Gym Etiquette:

- Wipe down all equipment used
- Put away any equipment that was brought out from a storage area
- Use a voice level appropriate for indoors
- Max time on cardio equipment is 30 minutes
- While participating in a class, listen to the instructor and perform the workout as instructed
- While participating in a class, no conversations with other participants
- No cell phone use during your workout.
- Ensure your experience does not negatively impact other's experience

Track flow:

- Posted signs tell correct direction for the day of the week.
- Walkers on the inside lane.
- Leave a passing lane open.
- When passing others, provide ample space when moving to the outside lane and returning to the inside lane.
- No racing or game playing

I have participated in the Family Fit Ready Review and will adhere to the expectations as presented in this program.

Signature of Parent: _____ Date: _____

Signature of Youth: _____ Date: _____