



WREC

FITNESS AGE CHART

Ages:	0-8	9	10-11	12-15	16+
Gymnasium (Basketball Courts)	R	R	F	F	F
Track & Cardio Bridge (Upper Fitness)	X	R	R	R	F
Wellness Hub (Lower Fitness)	X	X	X	R	F

X - Not permitted at this age

R - Restricted Access (Permitted with guardian supervision, guardian must be 16+,
OR permitted with completion of *Youth Weight Room Orientation (Ages 12-15)

F - Full Access

*Youth Weight Room Orientation

- 1.) Classes are offered monthly and taught by our fitness staff. The class is \$35 for residents and \$40 for non-residents.
- 2.) To register for a Youth Weight Room Orientation, please call (636)332-9236 or stop by our front desk.
- 3.) For additional questions, please contact our Fitness Supervisor, Xander Garcia, at (636)639-2093 or Xander.Garcia@wentzvillemo.gov.