



Dependent Policy: SouthFit classes

- Dependents age 17+ may use the Student Recreation Center, including SouthFit classes, any time the facility is open.
- Dependent access hours (age 16 and below): Friday 4:00-10:00 p.m., Saturday 10:00 a.m.-9:00 p.m., Sunday 1:00-9:00 p.m. Available SouthFit classes for dependents are (Spring 2012):
 - o Friday 5:30 p.m. Yoga
 - o Friday 5:30 p.m. Cycle
 - o Saturday 10:15 a.m. Step/Sculpt
 - o Saturday 10:15 a.m. Yoga
 - o Sunday 4:30 p.m. BodySculpt
 - o Sunday 5:30 p.m. Zumba
- Dependents age 16 may participate in SouthFit classes during Dependent access hours. The parent/guardian must be in the building but does not have to participate in class.
- Dependents age 10-15 may participate in SouthFit classes during Dependent access hours. The parent/guardian must participate in the class simultaneously and supervise dependent's use of equipment.
- Dependents age 9 and under may not participate in classes. No dependent of any age may sit in the fitness studios or Recreation Center and watch a SouthFit class or personal training session while the parent participates. Please take dependents age 3-9 to the Kids Play Zone.