

#teenfit

FAQ's

What do I need to bring? :

Wear comfortable clothing that you can move in. Closed in shoes are essential and you'll also need a water bottle and sweat towel. If participating in the gym sessions, you'll also need your access band so you can access the toilets

What is the reason for the Pre-activity questionnaire? :

As with any of our fitness participants, we need to know if there are any medical conditions or restrictions we need to be aware of. This information helps us prescribe exercises suited to the individual. Plus, we need to know that your parent's consent to you participating in our fitness classes.

I thought resistance training was bad for kids? :

Over the last 25 years, several studies have shown that preadolescent children are capable of safely improving muscle strength with appropriate training regimes. If done properly, resistance training offers many benefits to young people. In fact, resistance training might put your child on a lifetime path to better health and fitness.

For kids, light resistance and controlled movements are best with a special emphasis on proper technique and safety.

Can parents come along and watch/participate? :

Our teens program is specifically designed for children aged 12 - 15 years so we'd prefer parents wait outside the gym or group fitness studio. We also find our teen participants feel more comfortable when they don't have an audience. We DO encourage parents to talk to our instructors and ask questions or provide feedback before or after sessions.

What if I lose my access band? :

Your access band is essential for getting into the gym and accessing the toilets. If you lose your access band please let us know asap so we can deactivate it and issue you with a new one.

Replacement access bands = \$20

I can't get to ERC till after 3.30pm. Can I come late to the gym session? :

Yes, you can but please be aware that the cost is still the same and you will need to finish up with the rest of the group at 4.30pm. Please note, for safety reasons late comers will not be able to participate in RPM or Bodycombat.