



Hey Teens

Please check in at the Fitness Desk with an attendant before going to the gym or Indoor Track.

Even if you have your wristband, we would like to say hello.

Have you completed the Teen Fit Orientation?

Get a tour, verify your age, determine if any supervision is needed and answer any questions you may have.

Speak with a fitness attendant to book your spot today.

Help us keep you and others safe while using the facility.

Thanks for your cooperation!



Age Requirements when using the Facility

RE/MAX Fitness Centre //

The minimum age to access the RE/MAX Fitness Centre unsupervised is 16 years of age.

Youth ages 14 - 15 can access alone, only after completing the Teen Fit Orientation.

Youth ages 12 - 13 can access only after completing the Teen Fit orientation, and must be actively supervised by a responsible person 18 years of age or older.

The supervision ratio for the Fitness Centre is 1:2.

Indoor Track Age Requirements //

Youth aged 14 and older can access the Indoor Track unsupervised.

Youth aged 13 and younger must be actively supervised by a responsible person 18 years of age or older.

The supervision ratio for the Indoor Track is 1:4.



Help us keep you and others safe while using the facility.

Thanks for your cooperation!