



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIRST STEP TOWARDS HEALTH

## Fitness Orientation WALDO COUNTY YMCA



For those who are age 12 or older, membership to the Waldo County YMCA includes the opportunity to have a complimentary one-time fitness room orientation. *For youth ages 12-16 the orientation is mandatory.* This orientation is designed to assist members with basic workouts and to familiarize you with the equipment. *Members must complete and return a Personal Fitness Profile to the Front Desk.* You will be contacted by phone to schedule an appointment. Your fitness orientation will be approximately one hour long, 1-½ hours if two people are oriented together. Come dressed in comfortable exercise attire. Wear athletic shoes, no street shoes please. We will review your Personal Fitness Profile to ensure that your workout is safe and effective. Your orientation will not be a challenging workout for your body, but rather a time for learning proper techniques and guidelines.

Please schedule an appointment

WALDO COUNTY YMCA  
157 Lincolnville Avenue, Belfast, Maine 04915  
207.338.4598 • [www.waldocountyymca.org](http://www.waldocountyymca.org)  
The Waldo County YMCA is a Charitable 501(c)(3) Organization.

TAMERA BLADES  
[fitness@waldocountyymca.org](mailto:fitness@waldocountyymca.org)