



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIRST STEP TOWARDS HEALTH

Fitness Orientation WALDO COUNTY YMCA



Your Annual membership includes an orientation with one of our skilled fitness professionals. This orientation is designed to assist members with a basic workout and to familiarize you with the equipment.

- Youth ages 12-16 orientation is mandatory.
- Members 16 & older an orientation is recommended.
- Be dressed to work out; comfortable exercise clothes & athletic shoes.
- Complete your Personal Fitness Profile and return it to the front desk. A trainer will call you to schedule an appointment.
- We will review your Personal Fitness Profile and teach you how to use the equipment.
- Orientations will be approximately 1 hour long.

Please schedule an appointment
Call 338-4598 and ask to speak with our Fitness Department

157 Lincolville Avenue, Belfast, Maine 04915
207.338.4598 • www.waldocountyymca.org
A Charitable 501(c)(3) Organization.

TAMERA BLADES
tblades@waldocountyymca.org