



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHOOSE TO BE MORE ACTIVE

## Fitness Orientation



**THE ALAMANCE COUNTY YMCA**  
1346 S. MAIN STREET, BURLINGTON, NC 27215  
(336)395-9622 [ACYMCA.ORG](http://ACYMCA.ORG)

FOR A BETTER US.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Whether you are new to fitness or looking to get back in shape, our fitness orientations can fit wellness seekers of all levels. During an orientation, our Wellness Staff will review your health history, work on goal setting, review the use of equipment, and assist with tips for maintaining a plan. A Wellness Staff Member will contact you to set up your FREE fitness orientation.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Check any dates and times available for your fitness orientation:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____	_____	_____	_____	_____	_____

8-11am \_\_\_\_\_

11-3pm \_\_\_\_\_

3-6pm \_\_\_\_\_