



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOOKING FOR A PLACE TO GET STARTED? LET US HELP.

Fitness Orientations 2022 **WEIGHT MACHINES/CARDIO/FREE WEIGHTS**

WHETHER YOU ARE NEW TO FITNESS OR JUST TRYING TO GET BACK TO FORM OUR FITNESS ORIENTATIONS CAN BENEFIT WELLNESS SEEKERS OF ALL LEVELS.

ORIENTATIONS WILL GO OVER HEALTH HISTORY, GOAL SETTING, EQUIPMENT ORIENTATIONS AND TIPS FOR STICKING WITH A PLAN.

Ages 12 and older

- Fill out the reverse side and a trainer will contact you to schedule.
- **ADDITIONAL INFORMATION ON THE BACK**

Contact:

KYLE WISNER
Membership & Wellness Director
336.395.9622 ext. 227
Kwisner@acymca.org





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Fitness Orientation availability form:

Our Wellness Director or trainer will contact you to set up your FREE fitness orientation.

Name: _____ Date: _____

Address: _____

Telephone: _____ Email: _____

Goals:

What time of day are you looking to schedule your fitness orientation: (check all that apply)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
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(6am-10am) _____

(10am-3pm) _____

(3pm-8pm) _____