



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Date: _____ Staff Member: _____

EQUIPMENT ORIENTATION

The Equipment Orientation allows members in middle school and older to get started in fitness and utilize the Fitness Center. Our professional staff will guide you through the operating techniques of our cardio and strength machines. This is a free service for members.

Participant's Name: _____

Parent's Name (if applicable): _____

Phone Number(s): _____

Best Time to Call: _____

Preferred Day & Time for Orientation: _____

Age of Participant: _____

This is a free service provided once to our members.