



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Date: _____ Staff Member: _____

EQUIPMENT ORIENTATION

The Equipment Orientation allows members ages 15+ to get started in fitness and utilize the Wellness 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: _____