

FITNESS ORIENTATION

Get the most out of your YMCA membership!

A Fitness Orientation is a **FREE** service that provides members with a brief introduction to the cardiovascular and weight training. During the orientation, patrons will learn:

- Proper techniques for equipment usage
- Policies associated with equipment use
- Set simple 30-day goals and a plan to achieve your fitness goals

SIGN UP FOR AN ORIENTATION AT THE WELCOME CENTER!

Please Note: Fitness orientations provide general equipment information and use. These orientations are not a substitution for personal training and provide no "individualized" exercise prescription

Orientations are offered weekly!
Tuesday's at 9:00am & 6:00pm



300 Ridge Road., McKinney, TX 75070 972-529-2559 www.mckinneymca.org

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.
Financial assistance is available.