



New Member Orientation

Option 1: *First Step!*

Register for one of the following sessions:

**July 21, 2010 –
August 16, 2010**

M/W: 11:00 – 11:55 am

**July 27, 2010 –
August 19, 2010**

T/Th: 1:00 – 1:55 pm

T/Th: 6:30 – 7:25 pm

**July 28, 2010 –
August 25, 2010**

M/W: 4:30 – 5:25 pm

M/W: 5:30 – 6:25 pm

**August 18, 2010 –
September 15, 2010**

M/W: 11:00 – 11:55 am

**August 24, 2010 –
September 16, 2010**

T/Th: 10:00 – 10:55 am

T/Th: 1:00 – 1:55 pm

T/Th: 6:30 – 7:25 pm

**August 30, 2010 –
September 27, 2010**

M/W: 5:30 – 6:25 pm

Classes can accommodate a maximum of 10 participants and need a minimum of 5 participants to be held as scheduled.

First Step Orientations are held in the Get Started Room on the First Floor.

Choose one of the **FREE** staff-led orientation that fits your needs!

Benefits of New Member Orientations:

- Learn how to use your membership to the fullest advantage
- Learn the safe and proper way to use all the fitness equipment
- Get connected with YMCA staff and other members

Option 2: *Fitness Learn Together*

No preregistration necessary:

Cardiovascular Equipment:

M: 4:00 pm
T: 8:00 am or 10:00 am
W: 7:00 pm
S: 9:00 am
Su: 11:00 am

Express Workout:

M: 7:00 am, 9:00 am, or 8:00 pm
T: 11:00 am or 6:00 pm
W: 8:00 am
Th: 12:00 pm or 4:00 pm
F: 9:00 am or 7:00 pm
Sa: 10:00 am or 4:00 pm
Su: 1:00 pm

Hammer Strength Equipment:

W: 6:00 pm

Meet in the Cardio Room on the Life Center Floor.

Meet in the Express Workout area on the Life Center Floor.

Meet in the Free Weight Room on the First Floor.

**Get Started!
Stay Active!**

Option 3: *One-on-One Personal Fitness Assessment**

See a Wellness or Membership Staff person to schedule an appointment. (*\$30.00 Fee)



**Billings Family
YMCA**

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