



# HEALTH & WELLNESS WELLNESS CENTER SERVICES

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## STAFF CONTACT

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### WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 16 YEARS & UP)

Are you new to our facility or simply want to learn more? This one-hour appointment with wellness staff will introduce you to our cardiovascular machines and strength training circuit. We will cover how to set up and adjust equipment, and cover any questions you may have.

**Location: Wellness Center**

By appointment only, call or stop in to register at Wellness Center Desk.

**Y Members: Free**

### YOUTH WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 10-15 YEARS)

**Required for youth ages 10-14 years before using the Wellness Center.** This 30-60minute appointment will introduce you to our cardiovascular machines and Youth strength training circuit. We will cover how to set up and adjust equipment and which equipment is allowed for age groups.

**Location: Wellness Center**

By appointment only, call or stop in to register at Wellness Center Desk

**Y Members: Free**

**PLEASE NOTE:** Youth ages 12 years & under are not allowed to use free weights and limited to the youth circuit only. Must always be accompanied by a parent or guardian while in the Wellness Center.