



# Orientations-New Members & Youth

## New Member Orientation

**FREE for Members!! Classes held every Sunday at 3:00 PM but you must sign up at the Front Desk in Advance**

- ❖ **Enrollment is limited and pre-registration is required.**
- ❖ **Feel more comfortable using the fitness equipment!**
- ❖ **Learn about all the exciting programs offered at The Centre!**
- ❖ **Take a full facility tour!**

## Youth Fitness Orientation

**\$15 for Members!! (\$20 fee for non-members)**

***\*\*Required of anyone 12-15 years old that wants to work out in our Fitness Center***

**Classes held the 2<sup>nd</sup> Wednesday of each month**

- ❖ **Enrollment is limited and pre-registration is required.**
- ❖ **12 & 13 year olds must be accompanied in Orientation by a Parent or Guardian**
- ❖ **Class instruction led by a Certified Personal Trainer and includes the following:**
  - **Fitness Center Rules and Regulations**
  - **How to use the cardiovascular and strength machines**
  - **How to stay injury free**
  - **How to design your Fitness Training Program**

For questions please call The Centre at 573-341-2386  
or email Karen Richards, Fitness Supervisor at [krichards@rollacity.org](mailto:krichards@rollacity.org)

