



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELCOME TO THE Y!

The Y is here to support and motivate you during every step of your healthy living journey.

Here are **three** important steps we will take together during your first 30-days as a new member:



1

In your **new member wellness consultation**, you'll meet with a YMCA wellness expert who will help you with:

- A discussion of your healthy living goals and workout preferences.
- A review of your baseline health metrics.
- **Expert Advice!** Our team has helped thousands of members to achieve their goals and we are eager to assist you in developing a plan for your success.
- If desired, an introduction on how to safely and effectively use the wellness equipment and resources that are available for your use during your workouts.

All new member wellness consultations are tailored to match the interests, needs, experience levels, and preferences of each individual member.

2

The next step on your healthy living journey is a **complimentary Trainer Assisted Workout** session with a certified YMCA Personal Trainer (available when you complete your new member wellness consultation within your first 30-days of membership). This session will be completely customized to your goals, objectives and workout preferences. Whether you are just getting started on your healthy lifestyle at the Y, or if you are a more experienced fitness enthusiast, this will be the best workout experience of your first 30-days as a Y member.

3

At the end of your first 30-days, you'll receive a complimentary fitness assessment. In this brief meeting, we will review updated health metrics to celebrate the progress you've made towards your goals and recommend a workout plan for the next 30-days.