



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GUIDANCE & SUPPORT

YMCA wellness staff are available to provide guidance and support for all members. You'll find YMCA wellness staff scheduled to provide general support on the wellness floor throughout the day. If you have questions, need assistance or advice, please speak with one of our available wellness coaches.

YMCA wellness staff also are available for complimentary support through member consultations, fitness assessments, workout demonstrations and equipment orientations.

**Wellness Consultations** are available to new members within their first 30-days and as requested on an annual basis. For current members, these 30-minute sessions include a goal-setting discussion, recording health measurements, and developing a workout schedule for the next 30-days. To schedule a wellness consultation, please use the scheduling tool at the bottom of the Wellness Services webpage.

**Fitness Assessments** are available to members any time and they are recommended in 30-day increments. This 15-minute appointment involves measurement/analysis of a member's health metrics and compares it to the last measurements taken. The member and trainer will have a discussion of the member's progress, workout habits/routines and goals for the next 30-days. As needed, the trainer will provide workout advice/recommendations. To schedule a fitness assessment, please use the scheduling tool at the bottom of the Wellness Services webpage.

**Workout Demonstrations** offer members an opportunity to see workout routines performed on the wellness floor by our YMCA wellness team members. The demonstrations are a great opportunity for you to learn how to take your workouts to the next level. Please view the branch activity calendar located on the branch home page, so you can attend future workout demonstrations.

**Equipment Orientations** offer members a chance to learn more about the wellness equipment featured on the wellness floor. In the equipment orientations, members meet together with a wellness coach to practice using wellness equipment in a supportive group environment. Please view the branch activity calendar located on the branch home page, so you can schedule your participation in future equipment orientations.