

WELLNESS AND WEIGHT ROOM ORIENTATIONS

General Information:

- Orientations are held twice a month, on the second and fourth Saturdays, at 9:00 AM.
- Once the registration form has been signed, you can go to the next orientation date listed below
- If you miss or cannot come to the next available orientation date, you can come to the next date on the list that you are available for.
- The orientations are only designed to teach you how to use the equipment and not designed to be a training or workout sessions.
- All teens 14 and 15 years old must do the Wellness Center orientation before they can do the free weight room orientation.

Age Rules:

- All teen orientations must be signed by a parent, at the front desk. Sheets will not be sent home to sign.
 - Any teen under the age of 16 must take a teen orientation.
 - Teens 13 and up can do the Wellness Center orientation only.
 - Teens 14 and up can do the Wellness Center and, or the Free Weight Room orientation.
 - If a teen that is under the age of 16 gets caught misusing equipment or horseplaying, they will be suspended from those rooms until they are 16 years old.
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2025 Orientation Dates:

January	11 and 25	July	12 and 26
February	8 and 22	August	9 and 23
March	8 and 22	September	13 and 27
April	12 and 26	October	11 and 25
May	10 and 24	November	8 and 22
June	14 and 28	December	13 and 27

Any Questions contact Staci at 309-734-3183 or via email at staci@warrencountymmca.org