



Get Started! Stay Active!

The Get Started! Stay Active Program is a complimentary, customizable program for new and existing YMCA members. The program includes an orientation, a fitness assessment, and exercise recommendations tailored to meet the member's needs. During the course of 12 weeks, regular checkups and assessments will occur to track fitness and wellness progress.

Participant Registration Form

Name: _____

Phone: _____

Email: _____

Fitness Center orientation, only.

Fitness Center Orientation And
Fitness Assessment, only.

In Addition to the Orientation and Fitness Assessment, I would like to participate in the Get Started, Stay Active 12 week program.

I prefer: Female Coach _____ Male Coach _____ No Preference _____

I do not wish to participate in the program _____

Please list a few of your wellness and fitness goals that you hope to accomplish through the program.