

# YMCA CIRCUIT ROOM AND NAUTILUS ORIENTATION PROGRAMS

Members can opt for both the Circuit Room and Nautilus Orientations, but will have to do it in two different appointments.

## **OPTION #1: Circuit Room Orientation (Equipment Use)**

A general tour of how to use the equipment and what muscle groups each machine works. A trainer will set you up on the appropriate beginning resistance and show you how to use the cardiovascular equipment. You will be given a basic starting program.

**Training Time:** *Approx. 30 minutes.*

## **OPTION #2: Nautilus Room Orientation (Equipment Use)**

A general tour of how to use the nautilus equipment and what muscle groups each machine works. A trainer will set you up on the appropriate starting weight and proper seat adjustments. They will also show you how to use the cardiovascular equipment. You will be given a basic starting program.

**Training Time:** *Approx. 30-45 minutes.*

## **OPTION #3: Body Aware Fitness Assessment Program**

(Includes equipment use orientation)

A little more than a general orientation and not quite the attention of a personal trainer, this program will spend an additional 30-45 minutes with you taking body measurements with a measuring tape and a fat analyzer. We will discuss your fitness goals and help you come up with a plan to succeed. You will be given an exercise guideline to execute on your own and will get re-measured every 4 weeks.

**Training Time:** *Approx. 60-75 minutes.*