



# YMCA ADVOCATES

New to the Y? Been a member for a long time, but still not sure how to use all the equipment? Just need a refresher or a new program?

**Ron and Jeannie Nold  
will be at the YMCA  
Monday – Friday  
8:00-10:00am**

They will be in the Wellness Center and Healthy Living Center if you need guidance or have any questions regarding:

- Starting a new program
- Your current program
- How to use the selectorized machines, free weights or cardio machines
- Proper form or seat settings

Their goal is to make you feel comfortable with the machines and your workout program so you are on the road to success.

