



Fully Equipped Gym Includes:

- Free Weights & Bench Press
- Treadmills & Arc Trainer
- Elliptical Machines
- Upright & Recumbent Bikes
- Kettle & Slam Balls
- Medicine & Stability Balls
- Stretching Area
- Multi-grip Pull-up Station
- Peg Boards
- Battle & Jump Ropes
- Two Universal Cable
Resistance Weight Systems
- And more!



Membership Fees:

\$25 Monthly Membership

Includes unlimited access to all fitness equipment, and Discounted Orland Community Center Adult Recreation Activity Fees.

\$250 Yearly Membership

All the entitlements of the Monthly Membership at a discounted rate for making a one year commitment.

\$20 Senior Citizen Membership

Monthly membership fee for individuals 62 and over. Same great entitlements of a regular membership at a special discounted rate for our senior members.

\$200 Senior Yearly Membership

Yearly Membership for individuals 62 and over.

\$7 Daily Membership

Permits access to the Orland Fitness Center for one calendar day.



ORLAND FITNESS CENTER

Open

Mon-Fri : 5am-8pm
Sat & Sun : 7am-7pm



21 School House Road
Orland, ME 04472
(207) 469-7691
Propertymanager@orlandme.org

Orland Fitness Center: For All Your Fitness Needs!



The **Orland Fitness Center** offers a variety of equipment to reach any level of fitness goals! Our goal is to provide a well-equipped, safe, comfortable fitness center with convenient hours & a location that works with your schedule!

Join today to become a healthier, stronger, more



Personal Trainers Available

In addition to our high quality workout equipment to achieve any level of fitness goals, the Orland Fitness Center also works with several Independent Fully Licensed & Certified Personal Trainers who can help you reach those goals.

Contact information and detailed information is available at the Orland Fitness Center.



Join the **Orland Community Center** on FaceBook for the latest Fitness Center Updates and Information!

Monthly and Yearly Memberships include free and discounted access to a variety of Orland Adult Recreation Activities which vary throughout the year depending on availability and expressed interest including:

Adult Walking

Adult Co-Ed Volleyball

Adult Co-Ed Pickleball

Adult Co-Ed Softball

50% Discount on Spin Classes.

