

Fully Equipped Gym Includes:

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: 8am-8pm



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!

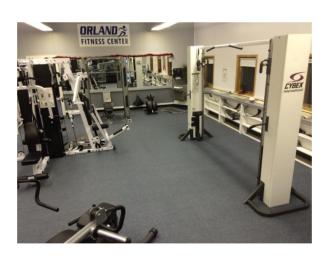
Join today to become a healthier, stronger, more



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.

