



## 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 : 8am-8pm**



21 School House Road

Orland, ME 04472

(207) 469-7691

[Propertymanager@orlandme.org](mailto: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.

