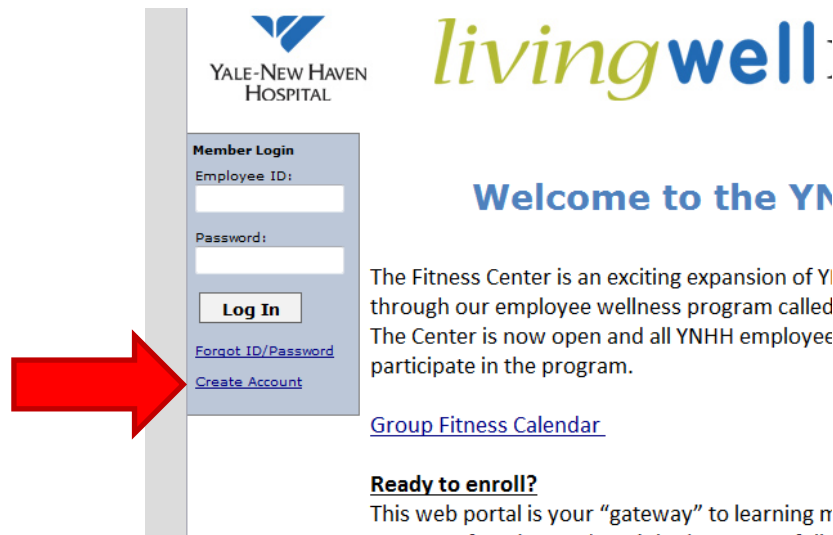


YNHH *livingwell* Fitness Center

Located under the Air Rights Garage at 48 York St. New Haven CT
Contact: 203-497-2100 – fitness@ynhh.org

Enroll now: A how-to guide

1. Visit our website <https://ynhhfitness.motivation.cc>
2. Click on “Create Account” under the member login box!



3. After you click on “Create Account” complete the following:
 - a. Contact Information Screen
 - b. Policies, Procedures and Waiver Screen
 - c. Health Information Questionnaire
4. Call the *livingwell* Fitness Center at 203-497-2100 to schedule a New Member Orientation (15 minute review of safety and center policies).

Please note:

- A *signed* physician’s clearance form may be required to complete the New Member Orientation based on answers provided on your health questionnaire.
- Payments will **not** be deducted until you have signed the payroll deduction or EFT form at the end of your *New Member Orientation*.
- You may start exercising at the fitness center immediately following completion of the 15-minute New Member Orientation.