

Master the MACHINES

Machine & Equipment Orientation

*Every first Tuesday
of the month*

9:00am & 5:00pm



January 3rd

February 7th

March 7th

April 4th

May 2nd

June 6th

July 11th

August 1st

September 5th

October 3rd

November 7th

December 5th

FREE to members
No sign up required

- *Get a guided tour of the workout floor*
- *Learn how each machine is used & what it targets*
- *Learn proper technique & body placement*
- *Learn about the different outputs & programs on cardio equipment*
- *Get workout questions answered by a certified personal trainer*



**To participate, please meet at the
Personal Trainers' Desk at the
9:00am or 5:00pm timeslot.**