



MONTHLY FITNESS ORIENTATIONS



BE STRONG, BE FIT, AND BE HEALTHY WITH US

Join us for a Fitness Orientation!

Dates are on the Member Calendar
Register: lakewoodranchgolf.com



FITNESS ORIENTATIONS

- Tour of the Fitness Center
- Introduction to Exercise Equipment
- Learn Locker Room Amenities
- Operation of Lockers
- Exercise Classes and Reservations
- Personal Training
- Spa Services
- Meet the Fitness Team