



## MONTHLY FITNESS ORIENTATIONS



# BE STRONG, BE FIT, AND BE HEALTHY WITH US

Join us for a Fitness Orientation!

**NEXT CLASS**

**WEDNESDAY, JUNE 25**

Dates are on the Member Calendar

Register: [lakewoodranchgolf.com](http://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