



## MONTHLY FITNESS ORIENTATIONS



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

Join us for a Fitness Orientation!

**NEXT CLASS**

**WEDNESDAY, MAY 21**

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

