



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



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

