

Date Starts: November 4th

101 Introduction to Fitness Equipment

Learn how to properly use your fitness center equipment



1st Wednesday of the month 10 - 11 am
Last Wednesday of the month 6 - 7 pm

What you will learn in class

- Buckner Physical Fitness Center: Aquatics, Fitness, Sports, and other programs.
- How to set up and program the cardiovascular machines.
- How to set up strength equipment to include selectorized pieces (machines), cable machines, free weights and specialized equipment.



Instructors:

Fitness Specialists Judy LaRue & Linda Neely

Call 384-1308 for more information
www.mwrarmyalaska.com

