

# FITNESS CENTER ORIENTATIONS

Have one of our experienced staff members show you how to use the machines properly in order to prevent injury.

See the times listed below for when a free 30 minute orientation can be provided for you.

Please meet at the Front Desk if you are interested.

**MONDAYS-FRIDAYS: 2PM  
EVENINGS & SATURDAYS:  
BY APPOINTMENT**

Email Jade to set up an appointment:  
[jgoodyear@rogersar.gov](mailto:jgoodyear@rogersar.gov)

**\*\*Please note that the orientation times may change due to staff availability. Double check with the Front Desk before attending.\*\***