



Mature Adult Weight Room Orientation

Holladay-Lions Fitness & Recreation Center

Date & Time:

**Wednesday, July 1st
4:00 p.m. - 5:00 p.m.**

OR

**Thursday, July 9th
11:00 a.m. - 12:00 p.m.**

OR

**Tuesday, July 21st
3:00 p.m. - 4:00 p.m.**

OR

**Thursday, July 30th
11:00 a.m. - 12:00 p.m.**

*Register Early!
Space is limited to 5 people!*

Are you new to this facility or just interested in getting oriented in the weight room? This class is specifically designed for prime timers who would like to add resistance training to their workout routine, and understand how to use the cardiovascular and weight machines in the fitness area.

Our personal trainer, Lesli Schlee, will guide you for 1 hour through the weight room, address all your questions, and help you understand what needs to be done as an established adult in the fitness area.



Questions?
Ask the front or call us at
424-0621



CHECK OUT OUR NEW WEBSITE:
www.recreation.slco.org/holladaylions
Registration for this class is available online