

Weight Machines 101

This **FREE** one-time class is a tutorial on how to use our new Hoist Roc-It selectorized weight machines.

**Class size**: Limited to 8 people

**Class time**: 30-45 minutes

**Dates & times** – You choose one of the following class times.

*Classes will be available at* ***8:30am, 12:00pm, & 6:30pm*** *on the following dates:*

**March 31st • April 8th  • April 16th • April 24th**

Register at the front desk!