

Goose Creek Community Center ORIENTATION

This 45 minute session will be a benefit to all members.

It is an introduction to our strength training and cardiovascular equipment. This is perfect for those who are new to the fitness center and for those who want to make sure they are using the equipment properly and safely.

Sessions:

Thursday, January 12th

Tuesday, January 17th

Thursday, January 26th

Tuesday, January 31st

Time: 5:15 pm

Your instructor, Robin Infinger, will spend 45 minutes demonstrating fitness equipment and the general rules of the Goose Creek Community Center.



Cost per session:

\$15 Resident

\$20 Non-Resident

All participants must have an adult membership to the Goose Creek Community Center.