

JUNIOR

Equipment Orientation

Ages 8-16

This 30 minute course is **FUN, FREE, and REQUIRED** before using the fitness centers.
Includes safety guidelines and popular age-appropriate equipment.



Ages 8-16
(Parent must be present for ages 8-11 years old)
Monday or Tuesday, 4-5 p.m.
Saturday, 1-2 p.m.

Sign up today at the Concierge Desk, or call (425) 885-5566.
For more information, please contact: Fitness Center, (425) 861-6204.

PRO
Sports Club
Updated: 2/15/2010