

FREE CLINICS

Learn the basics & feel more comfortable in the weight room

NO SIGN UP
NECESSARY

MORNING SESSIONS

Tuesdays - 8:00am

Wednesdays - 8:00am

Fridays - 8:00am

Saturdays - 11:00am

EVENING SESSIONS

Mondays - 5:30pm

Tuesdays - 5:30pm

Wednesdays - 5:30pm

Thursdays - 5:30pm



In this 30 minute clinic you will become familiar with:

Dumbbells

Kettlebells

Barbells

Barbell weighs 35-44 lbs

Meet at the Service Desk 5 mins prior to clinic

Have Questions? Contact the Fitness Director at: aleshialf@airportclub.com