

FREE CLINICS

NO SIGN UP
NECESSARY

Learn the basics & feel more comfortable with machines.



MORNING SESSIONS

Tuesdays - 7:30am

Wednesdays - 8:00am

Fridays - 8:30am

EVENING SESSIONS

Mondays - 5:30pm

Tuesdays - 5:30pm

Wednesdays - 5:30pm

Thursdays - 5:30pm

In this 30 minute clinic you will become familiar with:

**how to use and adjust our
selectorized machines
&
proper form**

Meet at the Service Desk 5 mins prior to clinic

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