

# FREE CLINICS

NO SIGN UP  
NECESSARY

Learn the basics & feel more comfortable with machines.



## MORNING SESSIONS

**Tuesdays - 7:45am**

**Wednesdays - 7:45am**

**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 and proper form.**

Meet at the Service Desk 5 mins prior to clinic.

Have Questions? Contact Sue Freyer at: [suef@airportclub.com](mailto:suef@airportclub.com)