

FREE CLINICS

Learn the basics & feel more comfortable with machines.

MORNING SESSIONS

Mondays - 7:45am

Wednesdays - 7:45am

Fridays - 8:30am

EVENING SESSIONS

Mondays - 5:30pm

Tuesdays - 5:30pm

Wednesdays - 5:30pm

Thursdays - 5:30pm

**NO SIGN UP
NECESSARY**



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 Paula Sandoval at: paulas@airportclub.com