

Are You New to The Trails?

Would You Like to Learn How to Properly Use the Equipment?

Sign Up For One of Our **FREE**

Weight Room Orientations!

**One of our Personal Trainers
will give you a general
overview of the equipment on
the fitness floors.**

Thurs Jan 31st 6:30-7:30 pm


Sat Feb 16th 11:30-12:30 pm

**Must register at the front desk.
Space is limited!**



trailsrecreationcenter.org

The
Trails
Recreation Center

 **Arapahoe**
Park & Recreation
District