



# EQUIPMENT ORIENTATION CLASS

**FITNESS CENTER  
FRIDAYS AT 1700**

**Feel intimidated by all the  
equipment at the Fitness  
Center?**

**Interested in feeling stronger  
but don't know where to  
start?**

**Learn the basics with a certified  
professional at this small group  
style informative class.**

*Our goal is to help everyone feel  
knowledgeable and confident  
reaching their goals.*

*Personal trainers also available for  
individualized programs and  
guidance*

**FOR MORE INFORMATION,  
PLEASE CALL 961-3164.**



**NAVY MWR CORPUS CHRISTI.COM**