

WEIGHT ROOM ORIENTATION PROGRAM

**WITH CERTIFIED PERSONAL
TRAINER MAKA BANGA**



**INTRODUCTION TO WEIGHT ROOM
EQUIPMENT • EXERCISE SAFETY •
PERSONALIZING YOUR EXERCISE ROUTINE •**

**CONTACT REC CENTRE FOR MORE INFORMATION
250-256-7527**

**OPEN TO AGES 16
AND UP**

**COST
\$8.00 drop-in**

**WHEN
Wednesdays
from 5:00 to
6:00 PM
FALL 2018**

**WHERE
Lillooet R.E.C.
Centre Weight
Room**