

EQUIPMENT *Orientation*



NEED GUIDANCE ON HOW TO USE OUR FITNESS EQUIPMENT?

Sign-up for a complimentary Fitness Equipment Orientation.

This FREE orientation is designed to help teach members how to properly, safely, and effectively use our fitness equipment for optimal results. Orientations are led by our certified Personal Trainers. Please see the Fitness Desk to schedule your Equipment Orientation, today!

 @lagrangefitness

 @lagrangefit



**LA GRANGE
FITNESS**

