



Sauhemih Fitness Center

**FREE
WEIGHT
AREA**

AVAILABLE DURING
REGULAR FITNESS
CENTER HOURS
6-10 AM, 3-9 PM - M-F
12-6 PM - S-S

MUST BE IN H.S. OR OLDER

**MUST HAVE SPOTTER AT ALL TIMES TO
BENCH**

**CALL 815-832-4681
FOR MEMBERSHIP
INFORMATION**