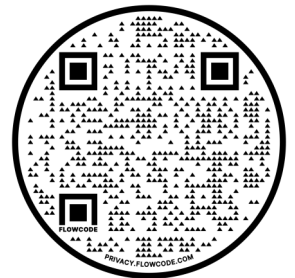


# MONTHLY FITNESS ROOM ORIENTATION

Held the 2nd Thursday of each month  
@ 10:30am

Our monthly fitness room orientation is intended for members who are looking for more education on how to properly use weight, cardio, and general fitness equipment at our facility.

Pre-registration is highly recommend.  
Registration can be done up to six days in advance in-person, or online via QR CODE



MEET OUTSIDE THE WEIGHT ROOM

FREE FOR ALL MEMBERS

Find more information about fitness programs at  
[cottonwoodheights.com/fitness](https://cottonwoodheights.com/fitness)

## Questions?

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