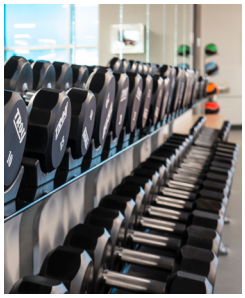
FITNESS ORIENTATION

AT THE STATION

The Fitness orientation is a walk-through and introduction to the Fitness Center at the Station. The hour session with a Fitness Attendant will be focused on why you are choosing to workout at The Station and how The Station can help you with your health and wellness goals. It can include an introduction on how to safely use the cardio equipment, strength equipment, and free weights on the fitness floor showcasing several of our most popular machines. The orientation also offers an OPTIONAL wellness assessment measuring height, weight, BMI with fat percentage, and circumferences. An orientation will also help you learn more about the fitness programs including group exercise, Body Measurements, Fitness in the Park, and special events.



WHEN: Scheduled Appointment with Fitness Attendant
FEE: Free to New Passholders within 30 days of start of annual pass. $25 to Passholders outside of 30 days.

Free to all Passholders during the months of January and February 2020 Contact Fitness Manager, **Buster Bread**, at bbread@cityofmoore.com or call 405-793-5090 for questions and scheduling.

City of Moore
MOORE, OKLAHOMA

The STATION AT CENTRAL PARK