

# Goose Creek Community Center ORIENTATION

**This 45 minute session will be a benefit to all members.**

**It is an introduction to our strength training and cardiovascular equipment. This is perfect for those who are new to the fitness center and for those who want to make sure they are using the equipment properly and safely.**

## Sessions:

**Wednesday, January 22**

**Wednesday, February 19**

**Wednesday, March 25**

**Wednesday, April 20**

**Time: 11:30am - 12:15pm**

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**Wednesday, January 22**

**Wednesday, February 19**

**Wednesday, March 25**

**Wednesday, April 20**

**Time: 6:30 - 7:15pm**

*Your instructor, Megan McNeely, will spend 45 minutes demonstrating fitness equipment and the general rules of the Goose Creek Community Center.*

Cost per session:  
\$15 Resident  
\$20 Non-Resident

**MEMBERS MUST REGISTER  
24 HOURS IN  
ADVANCE**

All participants must have an adult membership to the Goose Creek Community Center.



For more information contact the Goose Creek Community Center at 569-4242, ext. 5291 or visit [www.cityofgoosecreek.com](http://www.cityofgoosecreek.com)