

South Jordan Fitness & Aquatic Center

WEIGHT ROOM ORIENTATION

This orientation for the Weight Room is a free class that is offered to all members. It is taught by Certified Personal Trainer Laura Butters who will demonstrate while giving instruction how to properly align each machine to be used safely by any given individual. It will cover some of the health benefits to resistance training, as well as cover some guidelines to selecting a weight that will challenge you without causing damage or injury and discuss how to properly progress your workout.

September 18th, 2010 at 9:00am

Please see the front desk for more details and to sign up today!

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