

FREESTONE RECREATION CENTER

**ADD VALUE TO YOUR MEMBERSHIP
AND ENHANCE YOUR FITNESS GOALS**

TAKE ADVANTAGE OF THIS LIMITED TIME OFFER

INTRODUCING

FITNESS

ORIENTATION

Schedule your free orientation at the Guest Services Desk
Appointments based on availability

During your 30-minute complimentary appointment, a personal trainer will discuss your goals, take some starting measurements, introduce you to the various cardio and resistance training options in the center and provide a training recommendation for reaching your goal.

MUST BE 18 YEARS OR OLDER

LIMIT ONE FITNESS ORIENTATION PER PERSON