

Start The New Year Healthy!

BASIC TRAINING 2010

**Spend 45 minutes in a small group session
and learn how to:**

- *Properly use resistance training equipment.
- *Adjust equipment to your specifications.
- *Create a progressive exercise routine.
- *Tailor your program to encourage gains in strength or endurance.
- *Get the most out of your workout!



Long Beach Fitness Weight Room

Small group training will be offered starting Monday, January 11th.

For sign-ups and more information, stop by or call the fitness center at:

(562) 427-3462

BOEING
Long Beach Fitness
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