



Morehead City Parks and Recreation Department

Presents:

Free Fitness Orientation

A great way to learn about the equipment, and other fitness opportunities!

First Tuesday of the Month

10:30 A.M. – 11:30 A.M.

- Do you have questions regarding fitness equipment?
- Are you looking to become more active?
- Would you like to learn more about our machines, programs, and classes?

Please attend our free fitness orientation. We will take a brief facility tour, go over demonstrations of our fitness machines, meet other individuals interested in fitness, and explore endless fitness options.

There will be a prize drawing at the end for a free workout plan.

Space is limited! Register today by calling, emailing or visiting the Recreation Center

Contact information below



- **February 7th**
- **March 7th**
- **April 4th**

Victoria Ward

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