



FUNCTIONAL TRAINER DEMO

SEPT 23 & OCT 21
1:00–1:30PM

**How do you use this robot-like machine?
Learn how to adjust this versatile piece of equipment
to perform 6 (of many!) fundamental exercises.**

**Hosted by Coach Tiana
Scan QR code to sign up!
Max 8 people.**

**Free for
members!**

**Sign up for
Nautilus demo:**
www.pulsegenerator.ca

