



JULY 8 & 20
12:15-12:45

LUNCH 'N LEARN-ACCC

July 8: Nautilus Demo Session

Learn to use the Nautilus functional trainer and set it up to perform 6 different fundamental exercises. Sign up below. Max 10 ppl.

July 20: Talk to a Trainer – Open House with Tiana

Not sure about a piece of equipment or how to perform a specific exercise? Tiana will be available to help you out. Drop by the weight lifting area between 12:15-12:45 to get more clarity and amp up your training!

**Free for
members!**

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

