



• Rockingham County •

# FITNESS CENTER

Sign-up  
Today!!

## Training Session Dates

December 11.....7:15am, 8:15am & 9:30am  
December 13.....2:00pm, 3:15pm & 4:30pm  
December 17.....3:15pm & 4:15pm  
December 18.....2:00pm, 3:15pm & 5:00pm  
December 19.....7:15am, 8:15am & 9:30am

**Pre-registration is required for training sessions by calling: 679-9337 (HR)**

- A limit of 15 people will be allowed to join each training session
- Training sessions will last approximately 45 minutes in length
- A training session and a waiver of liability form **MUST** be completed prior to being granted access to the Fitness Center
- Training sessions are unpaid and should be attended on personal time
- Additional training sessions will be conducted in January – published dates and times to be announced by month end