

# Employee Fitness Center

The Fitness Center is accessible 24 hours a day, 7 days a week. To gain access to the gym, employees must first complete an educational training session and sign a waiver release form

Register today by calling the Human Resources Department at 679-9337.

You have your fitness goals and now you are able to work towards those Goals, right here at Rockingham County!

The Fitness Center equipment is amazing! It includes Elliptical machines, a treadmill, a rowing machine along with equipment to work your upper body, core and lower body. The gym is also equipped with a wide variety of free weights, medicine balls and resistance bands to help you complete your full-body work out.

The Fitness Center will be accessible 24 hours a day, 7 days a week. To gain access to the gym, employees must first complete one of the educational training sessions and sign a waiver release form.

The next educational training sessions will be conducted on the following dates:

Date	Time
Tuesday, Feb 19, 2019	11:30 am
Tuesday, Feb 19, 2019	4:15 pm
Wednesday, Feb. 20, 2019	3:15 pm
Wednesday, Feb. 27, 2019	7:15 am
Thursday, Feb 28, 2019	3:15 pm
Tuesday, March 5, 2019	12:00 pm
Friday, March 8, 2019	3:15 pm

