

# STEP 1: Get up & Go To the Fitness Center

You don't have to do it alone.

The Fitness Center can help:



Yoga

Zumba

24/7 Access

Indoor Track

Aerobic Classes

Intramural Sports

Incentive Programs

Equipment Orientation

On-site Health Promotion

Family Area Play Structure

Massage \*

Martial Arts \*

On-site Pool \*

Personal Trainers \*

\* = Fees may apply

247-2791



There is someone to help you at the Fitness Center!  
If you need a quick tip or have a question about fitness, ask the experts in person or  
at [www.facebook.com/Fairchild-Fitness-Center](http://www.facebook.com/Fairchild-Fitness-Center).

Check out [www.fairchildfun.com/fitness.html](http://www.fairchildfun.com/fitness.html) for your link to personal trainers,  
intramural sports, Incentive Program, tips and more.