



Member Orientation

*Unlock your gym journey
with our equipment
orientation session!
Get ready to conquer
your fitness goals with
expert guidance and
confidence.*

*First Thursday of the
Month

4:30 p.m. or 7 p.m.

*Duration : 30 mins

* Free Program

* Must have gym membership

* Pre-registration required at
webtrac.tamarac.org
(under Reserve your Spot)



WWW.TAMARAC.ORG