## 805 Connects Activity Reminder

**Event:** Fundamentals of Gym w/ Coach!

This activity uses # authorized hours with 805 Connects

**Date:** June 10th, 2026

**Time:** Span

**Location:** 805 Connects Office
1317 Del Norte Rd. Suite #150, Camarillo CA 93010

**Description:**

Join us for a Gym Basics Class with a coach who will guide you through simple and safe exercises! Learn how to use basic gym equipment, practice proper form, and build confidence in a supportive environment. This class is perfect for beginners and focuses on helping you stay active, healthy, and comfortable at your own pace. 💪🏋️

**How to Prepare:**

Bring a water and wear gym clothes/shoes.

**Pick up details for the day of the event:**

- Pick-up time is 3:30pm-4:15pm
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.