805 Connects Activity Reminder

Event: Fundamentals of Gym with Coach

This activity uses 3 authorized hours with 805 Connects

Date: February 2nd, 2026

Time: 4:15pm - 7:15pm

Description:

Join us for a fundamentals class that introduces you to common gym equipment with the guidance of a coach! Learn how to use each machine safely, build confidence, and discover the basics of a healthy workout routine.

How to Prepare:

Wear athletic clothing and shoes. Please bring a water.

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.