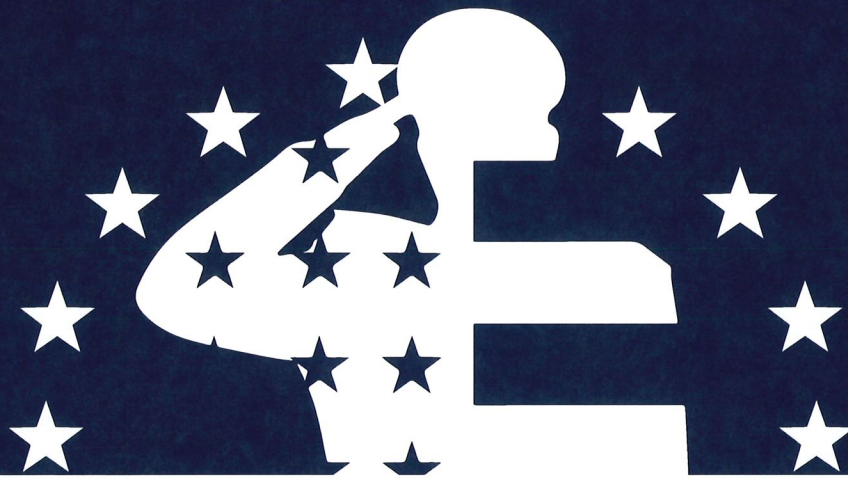


THE CITY OF RENO IS PROUD TO OFFER OUR VETERANS WEEKLY FITNESS CLASSES IN OUR FACILITY WEIGHT ROOM



FIT BUT NOT FORGOTTEN

**NEW SESSIONS
START AT THE
BEGINNING OF
EACH MONTH**

(775) 333-7765
APRIL WOLFE
WOLFEA@RENO.GOV

CLASSES WILL COVER ORIENTATION TO EQUIPMENT, ASSESSMENT OF FITNESS LEVEL, PROPER TECHNIQUE TO DEVELOP STRENGTH, ENDURANCE AND FLEXIBILITY, AND DISCUSSION OF FITNESS GOALS. UPON COMPLETION OF ALL FOUR CLASSES*, PARTICIPANTS WILL BE ELIGIBLE FOR A FREE ONE YEAR, ALL INCLUSIVE FACILITY MEMBERSHIP.



WATER FITNESS



YOGA CLASSES



TAI CHI CLASSES

**EVELYN MOUNT NORTHEAST COMMUNITY CENTER
1301 VALLEY RD. RENO, NV 89512**



VA | U.S. Department
of Veterans Affairs

THIS PROGRAM IS MADE POSSIBLE BY VA SIERRA NEVADA HEALTHCARE SYSTEM AND THROUGH A GRANT FROM THE DEPARTMENT OF VETERANS AFFAIRS FOR THE GRANTS FOR ADAPTIVE SPORTS PROGRAMS FOR DISABLED VETERANS AND DISABLED MEMBERS OF THE ARMED FORCES.

**Please come prepared to workout during the first class session.*

