



NERVOUS ABOUT THE GYM?

JOIN US FOR
**EQUIPMENT
ORIENTATION**

Bring a friend, learn how to use
equipment, and have fun in a
supportive environment!

Wednesdays at 1:30, 2:00, and
2:30 and Thursdays at 11:30,
12:00, and 12:30

SIGN UP ON [IMLEAGUES.COM/GCSU](https://imleagues.com/GCSU)

