

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.*

