



# **FIT** BUT NOT **FORGOTTEN**

The City of Reno is proud to offer our disabled veterans weekly fitness classes in our facility weight room. Classes will cover orientation to equipment, assessment of fitness level, proper technique to develop strength, endurance and flexibility, and discuss fitness goals. Upon completion of four classes participants will be eligible for a FREE all inclusive facility membership good for one year.

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

**MONDAY CLASSES 10AM - 11AM  
WEDNESDAY CLASSES 5:30PM - 6:30PM**

**FOR MORE INFORMATION AND TO REGISTER:  
CALL APRIL WOLFE AT 775-333-7765 OR WOLFEA@RENO.GOV**

