




FIT BUT NOT FORGOTTEN

The City of Reno is proud to offer our 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 discussion of fitness goals.


Upon completion of all four classes*, participants will be eligible for a **FREE** one year, all inclusive facility membership.

Includes:

-  Any water fitness
-  Yoga classes
-  Tai chi classes

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

This program is made possible by VA Sierra Nevada Healthcare System and through a grant from the Nevada Department of Veterans Services.

 **New sessions start the beginning of each month.**

For more information about the program and how to register, call April Wolfe at 775-333-7765 or WolfeA@Reno.Gov

*Evelyn Mount Northeast Community Center (EMNECC)
1301 Valley Road Reno, NV 89512*

