



Weight Room Orientation

What can you expect?

Matrix/Universal: You will be shown Matrix and Universal equipment and how to utilize the machines properly and effectively while addressing the major muscle groups. Knowledgeable weight room staff will help you fill out a workout card to help you continue.

Cardio: You will be educated on how to use each of the cardiovascular machines; also how often, how long and at what intensity you should engage in cardiovascular activity.

Free Weights: You will be shown a variety of free weight exercises addressing major muscle groups, as well as learning about reps and sets.

Must be 15 years or older. Youth 12-14 may go through the Cardio and Matrix/Universal Orientations but must be accompanied by a parent or an adult when working out.

Schedule your free weight room orientation with Ty!

563-556-8751 or email: ttroutman@cityofpeosta.org