

# Functional Fitness & BIG BLUE 101

Interested in Functional Fitness or want to learn more about how to workout using Big Blue? Try a free demo and workout that will help you get comfortable using Big Blue and the other equipment available in the room.



**Cost: Free**  
**Ages: 13 & Older**

**Tuesday- 5:30pm**

Individual & Group orientations are available upon request. Contact Wayne Herrick to schedule your day & time.

**Reserve your spot in one of the Free Demos at the Front Desk.**

Owned and Operated by  
Fargo Park District:



**For More Information:**

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