

REMINDER TO: All Casper College Employees

The Casper College **Fitness Center**
is available at no cost for you
and your spouse or significant other

(A Health History Questionnaire will be completed on site)

Contact Dan Dalen 268-2518 for more information



We have a variety of cardio machines, free weights,
and Super Circuit;
as well as stretching area, exercise balls,
and weighted medicine balls