

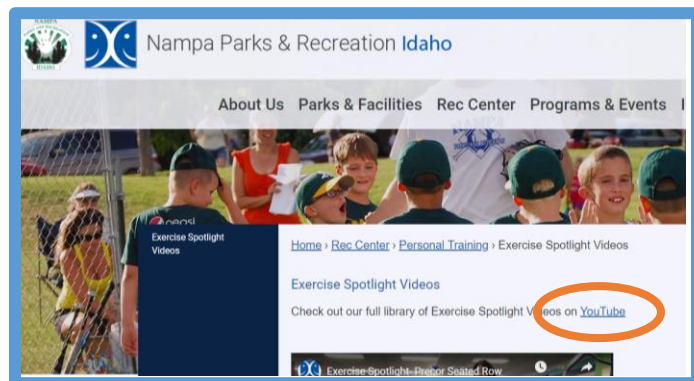
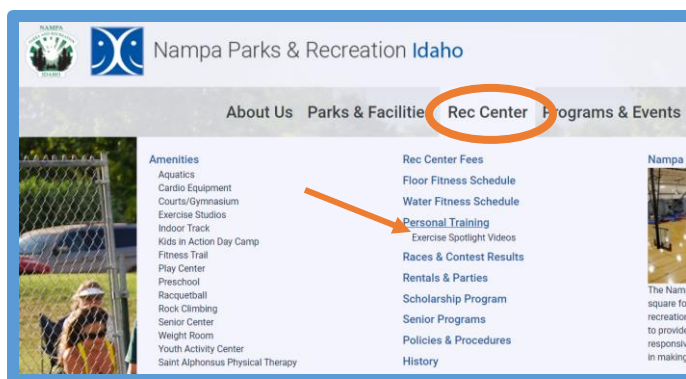
NAMPA RECREATION CENTER

EXERCISE SPOTLIGHT VIDEO – WEBSITE SEARCH INSTRUCTIONS

To access the library of instructional videos visit our website and follow the instructions below.

<https://nampaparksandrecreation.org/>

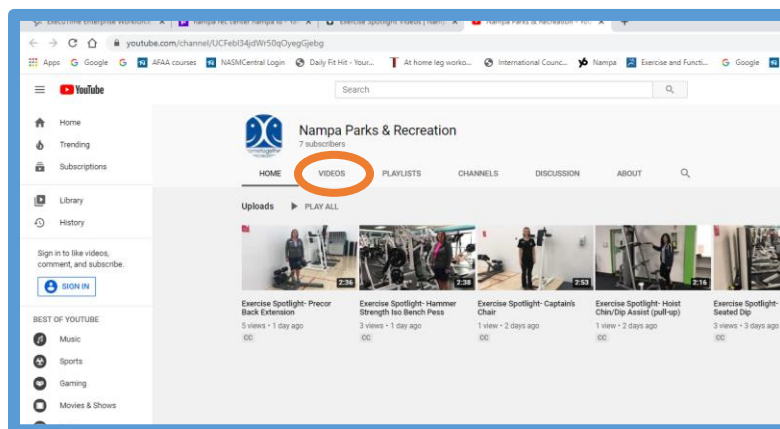
#1: Hover over 'Rec Center' tab and click on the "Exercise Spotlight Videos"



#2: Click on the "YouTube" link for a full list of videos.



#3: Click on "VIDEOS" for a full list of the available instructional videos.



QUESTIONS? Call our Weight Room at (208) 468-5884 or talk with a trainer

