



At the Pike County

Sister Strive Class



(To empower women)

Start Date: Oct 9, 2007 ----- Next Session
Date: Tuesday & Thursday ----- 4-week Session
Time: 9:00am – 9:30am
Place: Family Fitness Room
Instructors: Alnette McNelly

Fee: Members ----- \$10.00
Non-members ----- \$20.00

Description: This class focuses on complete body toning through the use of the Strive Equipment, located in the Family Fitness Center. This is a group workout program where you will have the support of the instructors and the whole group to achieve the physical results that you personally “**Strive to Achieve**”. This program is a circuit training and body shaping class, where you will be charting your results through the 4-weeks. You will be setting personal goals and working to “**Strive to Achieve**” them.

“Strive to Achieve!”

For more information: 947-8862 or see the front desk.