



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRIVE TO ACHIEVE!

Sister Strive Class FAMILY FITNESS CENTER



This class focuses on complete body toning through the use of the Strive Equipment, located in the Family Fitness Center/Kidz Smart 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 done on a 3 set workout and where you will be charting your results with each workout. You will be setting personal goals and working towards reaching them.

- Runs with Fitness Session Calendar
- FREE - Members & \$20 Non-Members (4-weeks session)

WHEN:
TIME:

Tuesday & Thursday
8:45-9:15am

LOCATION: PIKE COUNTY YMCA
400 Pride Drive
Waverly, OH 45690

P 740.947.8862
F 740.947.5616
W pikecountyyymca.org

FOLLOW US: **Pike County YMCA**

