

Conditioning Class

Are you ready for summer?

Wanting to lose a few pounds?

Ready to tone those muscles, or after that body you had 20 years ago?

Well here is your chance! Now offering a six week program to show you how you can trim, sculpt and burn your way into the body you have always wanted. For only \$25 dollars you can have the chance to take control of your body with a trained and certified personal trainer.

My name is Chris Hicks and I will be here with you every step of the way on Tuesdays and Thursdays at 5:30pm to 6:30pm.



I will do my best to help you achieve your goals in a safe and convenient way.



It's time to stop thinking about it and take control.

This six week class consists of a one hour workout twice a week. We will meet in the lobby and from there we will venture towards the weight room.

Feel free to call Chris Hicks 723-9967 or Cindy Price 392-8402 if you have any questions.

