

CHIKS.

CHIKS is a motivating and fun exercise and nutrition group that provides great camaraderie and accountability. Meet two times a week for three months, do weekly weigh ins, keep track of calories in and calories out and you can be on your way to achieving your weight loss and fitness goals! Heart monitor is required.

GOALS AND OBJECTIVES

Inspire and be inspired!

Become more fit

Lose body fat, not just “weight”

Gain lean muscle

Increase water %

Increase bone mass

Gain nutritional knowledge

Develop camaraderie

Develop better eating & training habits

Have fun!

\$22.50 per person per session
(4 women per group)

For additional information, to sign up or to purchase a heart rate monitor, please contact Sandy Ernst Aldern at 391-4373.

