

CHIKS.

crazy hotties in kick-butt shape



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 monitors are suggested.

goals and objectives

- Lose body fat, not just "weight"
- Gain lean muscle
- Increase water %
- Increase bone mass
- Gain nutritional knowledge
- Develop better eating & training habits
- Have fun!

\$22.50 per person per session

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