

LIFTING WOMEN TO BETTER HEALTH



STRONG WOMEN



Kevin Clement
Recreation Director

A safe, effective, enjoyable weight-lifting program for women of all ages!

JOIN ANYTIME

Who: *YOU!* Women who want to improve their bone density, flexibility, balance and strength. Class is designed to fit individual needs.

Where: Recreation Building in Peltier Park, Thibodaux

When: Mondays, Wednesdays & Fridays

Times: 7:00 AM-7:45 AM – Weight-lifting and stretching

**NEW 7:45 AM-8:30 AM – Core strengthening and flexibility
(combination of Yoga and Pilate)**

8:30 AM-9:00 AM – Weight-lifting and stretching

Monica Stock, Instructor



*Beginning free weights and ankle weights supplied.
As you increase in strength, you will need to purchase your
own heavier weights.*

*Please wear comfortable clothing and tennis shoes.
Bring a rolled yoga mat or thick towel (no floor exercises
required, except for optional stretching class).*

Cost: \$17.50 Per month



*Sign up now at Peltier Park Recreation Center
Monday-Friday 8:00 AM-NOON and 1:00 PM- 4:00 PM or
call Monica Stock at (985) 209-2699 or Debbie Melvin at the LSU Ag Center
(985) 446-1316 for more information.*



"People First"





The Strong Women Program
A National Fitness Program for Women

Participant Summary Information Sheet

Name: _____

Address: _____

Email: _____

Phone Number: _____

Date of Birth: _____ **Age:** _____

In case of emergency, call:

Name: _____

Relationship: _____

Phone Number: _____

Classes begin January 4, 2012 through February 29, 2012

NO CLASSES: January 16th MLK

7:00 AM-7:45 AM – Weight-lifting and stretching

7:45 AM-8:30 AM – Core strengthening and flexibility – NEW

8:30 AM-9:00 AM - Weight-lifting and stretching

CHECK WHICH CLASS(ES) YOU WILL BE ATTENDING:

7:00 AM-7:45 AM

7:45 AM-8:30 AM

8:30 AM-9:00 AM

YOU CAN ATTEND ONE, TWO OR ALL THREE CLASSES. COST IS \$17.50 PER MONTH OR \$35.00 FOR TWO MONTHS.

DATE PAID _____ **CASH** **CHECK NO.** _____

FOR FURTHER INFORMATION, PLEASE CONTACT MONICA STOCK AT (985) 209-2699 OR DEBBIE MELVIN AT LSU AG CENTER 985-446-1316