



Collins Aerospace

REC CENTER



GET STRONG

NOVEMBER 7th-DECEMBER 12th

TUESDAYS & THURSDAYS 7-8:30PM

\$95 ELIGIBLE NON MEMBERS
CAN REGISTER FOR \$120!

PROGRAM INCLUDES:

- Training booklet & regimented program to follow
- T-shirt
- 2 weekly group workouts with conditioning at the end of class
 - Tuesdays with Joe
 - Thursdays with Dixie

Sign up today through the online portal or the app!

*Minimum of 8 participants for program to be held

*Maximum of 12 participants