

ATTENTION ALL CCHS PARENTS - Do your kids need some exercise?

ATTENTION ALL CCHS STUDENTS - Would you like to have some fun?

CAN YOU RIDE A BIKE?...THEN YOU CAN DO THIS!

Columbia Community Fitness Center is proud to announce that we've won a grant from the **Youth Advisory Committee of the Jackson Community Foundation** to provide an exercise class called "**8th Hour Spinning for Fitness**" for ALL Columbia Central High School students.

"8th Hour Spinning For Fitness" offers a unique way to exercise. Spinning is a fun activity that will help our younger generation begin respecting their health by staying in condition. Rather than running and weight lifting, it will give the students an opportunity to enjoy a biking experience, with both slow and fast-pace, motivating music and instruction. We encourage all students to take advantage of the "**8th Hour Spinning For Fitness**" class, which will be an 8-week session. The interested students may participate Monday and Wednesday or Tuesday and Thursday at 3:00pm.

The grant includes a partial scholarship to cover almost ½ of the cost to attend. The total cost for 16 Spinning classes over an 8 week session including an orientation, instruction, documented results and FUN is \$30.

First come first serve!

Space is limited so please call the fitness center at 517-592-3393 to reserve your bike for the next session!