



# Lady Trojans Fitness Center



We are looking to invest in a fitness facility dedicated to the female students of John Milledge Academy. This facility will provide an atmosphere where females will have their own equipment and will have a comfortable environment in which to work out. Having such a facility has become common place on many of the school campuses within the GISA.



The equipment purchased will be geared towards exercises that build core strength, agility and overall fitness, rather than free weights, which build bulk and muscle mass.

Equipment to be purchased includes:

- Cybex FT 360 (multi use cable machine)
- Plyometric Boxes
- Exercise Mats w/ mat rack
- Treadmills
- Kettle Bells
- Dumbbells w/ dumbbell rack
- Medicine Balls
- Slam Balls
- Training Ropes
- Mini Exercise Bands (light, medium and heavy)
- Foam Rollers



Many donations have already been received. We are asking anyone and everyone, who has an interest in contributing to this much needed facility, to please send your donation to Dianne Bayne in the middle school building. Please write Lady Trojan Fitness Center in the Memo line.



Following are the levels of giving we are requesting:

- Platinum \$1,000
- Gold \$500
- Silver \$250
- Bronze \$100



Please make your donation prior to April 1<sup>st</sup>, if possible. The expected opening date for this facility is May 1<sup>st</sup>.