



COURTESY

Students at Pioneer High School are receiving the chance to work out at Eagle Fitness.

Pioneer partners with Eagle Fitness

Pioneer High School

Henry Wadsworth Longfellow wrote, "By too much sitting still the body becomes unhealthy; and soon the mind. This is nature's law."

P.E. students at Pioneer High School aren't sitting still. They're keeping both their minds and bodies in motion with some help from Eagle Fitness.

Through the efforts of P.E. teacher, Jeff Hendricks, and business owner, Steve Winchell, a partnership between Eagle Fitness and PHS was formed. Students are able to use the facility once a week, per class period. When the students

visit the gym, they're assigned warm-up and a specific exercise focus. Then, the students work out on their own, which is their favorite part.

Hendricks reports the staff and patrons at the gym have been supportive of the PHS students. The students, in like manner, are respectful of the environment and the patrons. Hendricks says Eagle Fitness is a "positive and healthy environment for the kids."

The students are excited about their progress, Hendricks proud of their efforts, and PHS is grateful for the opportunity to collaborate with a business in the community.