

**“The only BAD
Workout is the one
you DIDN'T DO!”**

FITNESS CENTER **OCTOBER 2015**

NOTES:

- Anyone wanting to use the fitness center must have a completed fitness center agreement, signed by your parent or guardian. Forms are available outside the fitness center or in the team atrium.
- Use of the fitness center is a privilege. Failure to follow all rules and safety procedures may result in the revocation of this privilege.
- Proper attire and footwear are required for use of the fitness center.
- Questions: See Mrs. Konopinski in room 207.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	28	29	30	1	2	3
4	5	6	7 Open 3:15-4:00	8 Closed	9	10
11	12	13	14 Open 3:15-4:00	15 Open 3:15-4:00	16	17
18	19	20	21 Open 3:15-4:00	22 Open 3:15-4:00	23	24
25	26	27	28 Open 3:15-4:00	29 Open 3:15-4:00	30	31