

“The only Bad
Workout is the one
you don’t do!”

FITNESS CENTER NOVEMBER 2015

NOTES:

- Students using the fitness center after school must notify their parents and secure a ride home at 4:30.
- Proper attire and footwear is required to use the facility.
- Students must have a completed student permission form.
- Any misuse or misbehavior may result in the loss of the privilege of using the fitness center.
- Students staying after school to use the fitness center should not be dismissed until **3rd wave.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4 Open 3:15–4:30	5 Open 3:15–4:30	6	7	
8	9	10	11 Open 3:15–4:30	12 Open 3:15–4:30	13	14	
15	16	17	18 Open 3:15–4:30	19 Open 3:15–4:30	20	21	
22	23	24	25 No School!	26 Happy Thanksgiving	27	28	
29	30	The Fitness Center will be closed November 24 – December 4.					