

OCTOBER 2018

Elcho School Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Nov. 1 5:15 pm Stability Ball Workout **Room 240		

notes

All sessions are \$5.00/each.

*MIIT...Moderate Intensity Interval Training

**Parking is available in paved parking lot at the West entrance of the school (intersection of Owano and Arcola Streets).

Room 240 (Mrs. Schoenrock's Art Room) is on 2nd floor. Enter commons/cafe area, walk across commons and go towards Walt Disney quote (blue background) on hallway entrance. Just past that, there will be a stairway to the left, go up to 2nd floor, turn left. Follow hallway as it curves and turns to the right. Room is 2nd door on right.

Questions? Contact Kari Lazars: 715-216-2275; klazars@elchoschool.org