

SEPTEMBER 2018

Elcho School Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
			no classes this week			
9	10 4:00pm Zumba Gold 5:15pm *MIIT **Room 227	11 5:15pm Step Aerobics **Room 227	12 4:00pm Zumba Gold 5:15pm *MIIT **Room 227	13 5:15 Stability Ball Workout **Room 227	14	15 No Classes
16	17 4:00pm Zumba Gold 5:15pm *MIIT **Room 227	18 5:15pm Step Aerobics **Room 227	19 4:00pm Zumba Gold 5:15pm *MIIT **Room 227	20 5:15 Stability Ball Workout **Room 227	21	22 9:00am Zumba Gold 10:00am Stretch & Roll **Room 227
23	24 4:00pm Zumba Gold 5:15pm *MIIT **Room 227	25 5:15pm Step Aerobics **Room 227	26 4:00pm Zumba Gold 5:15pm *MIIT **Room 227	27 5:15 Stability Ball Workout **Room 227	28	29 9:00am Zumba Gold 10:00am Stretch & Roll **Room 227
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notes

All sessions are \$5.00/each. Punch cards are available for greater value.

*MIIT...Moderate Intensity Interval Training

Step aerobics is a more intense cardio work-out.

**Parking is available in paved parking lot at the West entrance of the school (intersection of Owano and Arcola Streets). To get to room 227-Wrestling Room, enter commons/cafeteria doors, walk across commons area 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 and room will be 4th door on the right.

Questions? contact Kari Lazars, Elcho School:

715-275-3225 x1120 or email: klazars@elchoschool.org