



There's lots going on at the HS WEIGHT ROOM & WORK-OUT CENTER this summer! We've had an over-welming response to our summer open sessions. Students can join the fun Monday-Wednesday-Friday at either of the three sessions: 6:00am, 7:30am or 9:00am. We've been averaging 140- 150 students per day. That's approx HALF our student population! Exercise improves your mood, helps with weight management, boosts your energy level, combats chronic illness and improves sleep patterns. There's always room for more. We look forward to seeing YOU-- Stop by & WORK-OUT!



