

Fitness Room – Mrs. Orange



Hours:

- Monday, Wednesday, and Friday: 11:00am-4:00pm
- Tuesday: 11:00am-12:00pm and 12:30pm-4:00pm
- Thursday: 10:00am-1:00pm

Experience:

- No experience is needed

Previous Activities and Challenges:

- **Fitness Challenge** - the guy and girl who workout on their free time (i.e. lunch, after school) the most for a month get a prize.
- **Girls Fitness Club** - encourages girls to feel comfortable in the fitness room and explains how to use machines and do certain exercises.
- **Valentine's Day Cardio and Core Workout** - complete a specific workout and get a Valentine's candy.
- **The Crusader Race** - a team event inspired by the Spartan race. Includes challenging obstacles separated by running a lap of the track.