

Fitness & Conditioning Club

Sponsors:
Mr. Monfre & Ms. Hughes

Open to all Students and Staff

Sign up:

Registration Deadline for



Spring Session

March 25, 2008

Registration forms:

Get them from
Mr. Monfre or
Ms. Hughes.

**Couch
potatoes
and
athletes
alike are
invited to
join us to
fight off
the winter
blues
with
exercise
and fun.**

Meets:

Time:

3:00 to 4:45 pm

Students may ride the activity bus
home or have a parent
pick them up.

Location:

Outside of the
Small Gym

Workouts will be both

Requirements:

- \$30.00 Fee
- Yellow Emergency Card

Important:

Fee & Yellow Emergency Card
***must* be turned into**
Mr. Monfre or Ms. Hughes by
March 25, 2008

2007–2008 Dates:

Spring Session
Begins:



Tuesday, March 25, 2008

We will meet Mondays
through Wednesdays

More Information:
Contact Matt Monfre
matt.monfre@dcsdk12.org