Carter Bergdahl
berg4628@isd194.orgMcGuire
Fitness Club-Fall Session. Students
of all ages and abilities can use the
fitness center under the direction of a
trained teacher and coach. Students
will have an opportunity to use the
weights that include hand weights,
squat racks, bench presses and
more. Cardiovascular machines like
ellipticals, stationary and recumbent
bikes, and treadmills are all available
for use.
Bring a friend, get involved, set a
goal and come to our club ready to
improve your physical and mental
health.
6-8
Fitness
CenterTuesday/Thursday10/311/18/20242:50:004:00 PM30
Neil Strader
neil.strader@isd194.orgMcGuire
Fitness Club-Winter Session
Students of all ages and abilities can
use the fitness center under the
direction of a trained teacher and
coach. Students will have an
opportunity to use the weights that
include hand weights, squat racks,
bench presses and more.
Cardiovascular machines like
ellipticals, stationary and recumbent
bikes, and treadmills are all available
for use.
Bring a friend, get involved, set a
goal and come to our club ready to
improve your physical and mental
health.6-8
Fitness
CenterTuesday/Thursday01/233/21/20232:50:004:00 PM30
Jeff krubsack
krub7552@isd194.orgMcGuireJazz Band6-8136Wednesday/Friday10/255/30/20247:15 PM7:50 AMno max
Katie Irvin
irvi5033@isd194.orgMcGuire
MMS Musical. More information will
com later. Registration will open in
January. 6-8134Monday-Friday2/125/5/20243:00 PMඈױቐ砓at脡茐༐䰀665่ሀ่ᱳ‱��it2at脡茐༐䰀6lh������b�5n iad6ltiŵ�唀l��ᴀeiyy䀀灈ÄҀMcG䀀ѲᠱUᔣ䐀唀.sic/腶-慖禙㢀ʐ�n134a@圀s stՐdavais tll Session.u