

New to SHS...

FitLife Wellness Club!



**FREE FOR ALL
STUDENTS AND ADULTS!**

Unique & Challenging Workouts
Meets every Monday, for 1 hour
Health Screenings (coming soon)
Personal Consulting/exercise prescriptions
Equipment Orientations
Wellness Goal Setting
Fitness Assessments
Exercise Safety Tips
Nutritional Tips/Speakers

CONTACT:

LDUSTIN@SOLONBOE.ORG

Mrs. Lambert- Dustin

1st MEETING:

OCTOBER 22

3:15 Atrium

TAKE TIME

**TO TAKE CARE OF YOUR
HEALTH...YOU'RE WORTH IT!**