



Tuesday, November 6, 2018

Wellness Meeting

- I. Wellness newsletter
 - a. Anyone still getting them
 - b. Do we need a new one?

- II. Staff Participation
 - a. Sports?
 - b. Quarterly activities
 - c. AZ Fitness Club
 - d. LK Flab Club

- III. Student Participation
 - a. Jump rope for Heart
 - b. Cheerleader Visits to CAB

- IV. Suggestions?



Arizona Fitness Clubs established in 2018 with the aim of bringing high quality, modern and affordable fitness facilities to everyone in this great state. WE WILL NEVER make anyone agree to a contract or charge any hidden fees such as joining fees, processing fees, annual fees, maintenance fees or any other silly things almost all other clubs have dreamed up. Our low monthly rate includes 24/7 access, group classes such as Zumba and Yoga, tanning and access to fitness professionals for advice for just \$19.95 monthly!

<https://www.azfc.com/>