

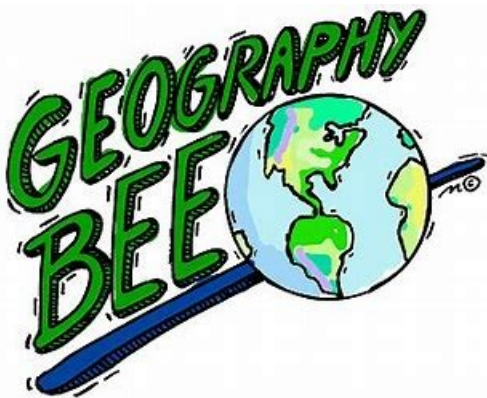
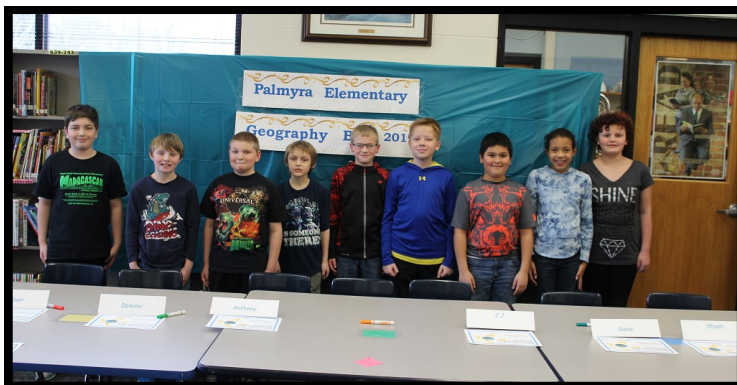


PES GEOGRAPHY BEE

The National Geographic Bee is an annual competition organized by the National Geographic Society, designed to inspire and reward students' curiosity about the world. Each year, thousands of schools across the United States participate in the National Geographic Bee, competing for college scholarships and the glory of being the National Geographic Bee Champion.

This year nine interested 6th, 5th and 4th graders tried out during a preliminary competition during the week of January 16th. At the end of the "Bee" two fifth graders were left in the top spots. J.J. Thomas proved victorious with Jeremiah Schmid placing second. J.J. will go on to take a state qualifying geography exam next week. If he qualifies he will move on to the Wisconsin Geography Bee in Madison on March 29, 2019. Congratulations J.J. and good luck on your state qualifying exam!

Pictured below are this years competitors from L-R: Henry Kau, Oliver Zimmerman, Dominic Mandelin, Jeremiah Schmid, Anthony Stark, J.J. Thomas, Gabriel Schaefer, Shyah Meyer-Glass and Nyaia Laumann.



February Calendar of Events [Link](#) and Lunch menu [Link](#)

PES IS THE FIRST RECIPIENT OF THE MARY SQUIRE MEMORIAL DO GOOD FUND!

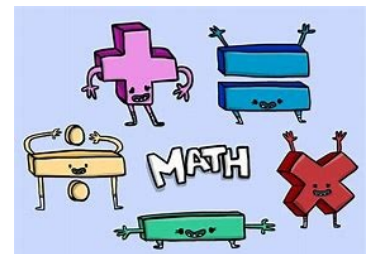
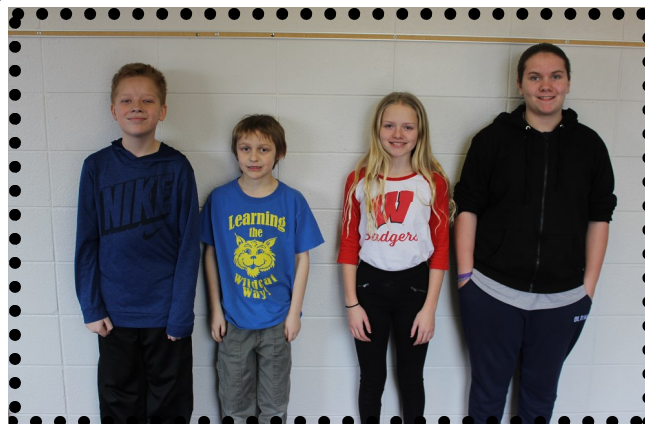
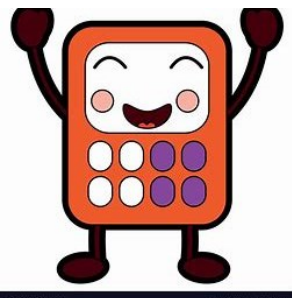
Palmyra Elementary was honored as the first recipient of a donation from the Mary Squire Memorial Do Good Fund, which was created by Mary's family and is managed by the Palmyra Community Foundation. We received many items for our physical education department. Some of the items we received included a large parachute (definitely the student's favorite), hula hoops and practice volleyballs. We are honored and thankful to be the first recipient of the Mary Squire Memorial Do Good Fund! Below is a picture of Lee Cushman of the Community Foundation and First Citizens State Bank presenting a check to our Phy. Ed. Teacher, Tom Davey and Principal, Steve Greenquist. Also pictured are first grade students, Jeremiah Meyer-Glass, Patrick Plotz and Evelynne Miller.



THANK YOU!

MATH MEET

Sixteen Palmyra-Eagle 5th-8th grade students participated in the Southern Lakes Math Meet held at UW-Whitewater on January 15th. Over 200 students from more than 30 area schools attended the competition. All students represented the district very well. The 5th/6th graders finished tied for fourth out of nine schools that competed in the medium division. Congratulations on a job well done to J.J. Thomas, Jeremiah Schmid, Belle Peterson and Alayna Kalvin-Salmela.



STAR STUDENTS FOR THE MONTH OF JANUARY

Mrs. Bartkiewicz's Class
Kaiden Christopherson

Ms. Kreuziger's Class
Tyler Gerlach

Mrs. Bayley's Class
Hunter Wetterling

Mrs. Taylor's Class
Tessa LeQuire

Mrs. Adsit's Class
Brayden Baumann

Miss Dankmeyer's Class
Omar Aranda

Mrs. Muth's Class
Oliver Zimmerman

Mr. Knoot's Class
Colton Kincaid

Miss Wedel's Class
Michelle Stroh

Mrs. Peterson's Class
Presley Koss

Mrs. Rossman's Class
Yoselin Soto

Mrs. Smith's Class
Miles Barkley

Mrs. Dobberstein (Art)
Adeline Zimmerman

Miss Mickelson (Music)
Carly Drewa

Miss Pfaff (Band)
Briahna Covarrubias

Mr. Davey's (Phy. Ed.)
Aiden Austin



Is it **Influenza (Flu)**, **a Cold**, or **Whooping Cough?**

<u>Symptoms</u>	<u>Flu</u>	<u>Cold</u>	<u>Whooping Cough</u>	
Fever	Usually present and high (102–104°F or 39–40°C); typically lasts 3–4 days	Uncommon in adults and older children	Uncommon. If present, typically mild (99.5–100.4°F or 37.5–38°C)	
Headache	Very common	Uncommon	Uncommon	
Aches and pains, muscle aches, chest discomfort	Common, often severe	Slight to moderate	Uncommon	
Fatigue and weakness	Moderate to severe; can last up 14-21 days	Mild	Mild to moderate	
Extreme exhaustion	Very common in early illness	Extremely rare	Rare	
Stuffy or runny nose	Sometimes	Common	Common, early in disease	
Sneezing	Sometimes	Common	Common, early in disease	
Sore throat	Sometimes	Common	Uncommon	
Cough	Type	Non-productive ("dry") cough is typical; nighttime cough rare	Hacking cough, often productive; nighttime cough rare; usually responds to cough medications	Variable; fits and attacks and nighttime cough are common; characteristic high-pitched "whoop" sound, generally not responsive to cough medications
	Severity	Moderate	Mild to Moderate	Variable; can be mild in adults and very severe in infants and young children
	Duration	Typically 3-7 days; occasionally to 14 days	Typically 3–7 days	Persistent cough, almost always more than 1 week, usually 2-6 weeks, sometimes more than 10 weeks
	Cough attacks/fits	Uncommon	Rare	Common
Infectious Period	1–2 days before symptom onset to 5–10 days after	Variable; typically 4–7 days after symptom onset; can be longer	From start of increased mucus production (before cough begins) to 21 days after cough starts*	

*or until taking five days of appropriate anti-pertussis antibiotics.





Backpack News

Kids

February 2019

Heart Health Month

February is known as National Heart Month, and when you think about it, your heart is pretty important! Without your heart, you wouldn't have blood moving throughout your body, and that would mean no more running, jumping, playing or being alive!

There are a lot of different things you can do to keep your heart healthy and strong:

Exercise

Exercise is a great way to get your heart moving, and to keep it strong for all of the activities, sports, and playing you want to do. 60 minutes a day is recommended for kids and it can be a combination of activities such as gym class, recess, playing after school, or doing a sport.

Nutrition

What you eat makes a big difference on how you feel, and how healthy your heart is. Fruits and vegetables have a lot of vitamins and nutrients that are good for your body, and lean proteins (like chicken, fish and beans) will keep your muscles and your heart strong. Sweet and salty foods should be limited and are "sometimes" foods.

Healthy Weight

Your doctor can talk to you about what is the right weight for your age and height when you visit for your yearly appointment.

Limit Screen Time

Playing video games and watching t.v. might be fun, but, it doesn't do much to help keep your heart, bones and muscles strong. Think about adding in exercise or other activities with your family instead of having screen time.

Avoid Tobacco

Tobacco and smoking stinks! Smoking not only hurts your heart, but it also is bad for your lungs, blood and your other organs. Say no to tobacco!

Hands-Only CPR

CPR stands for "CardioPulmonary Resuscitation" and is used when someone collapses and their heart stops. While there are classes to learn about CPR in depth, "Hands-Only CPR" is a great resource for the general public, and is easy to learn.

If you see someone collapse, or come upon someone who has collapsed, the two steps are:

1. Call 911
2. Push Hard and Fast in the center of the chest

For more information, visit www.heart.org and search "Hands Only CPR"

Healthcare Provider Tip of the Month

From Catherine Sweeney, MD
(Pediatrician),
at Internal Medicine and Pediatrics
and Johnson Creek Clinic

"Did you know your heart beats more than 100,000 times a day and 3.5 billion times during your life? That's a lot of work! Keep your heart muscle in shape by exercising for at least 30 minutes each day, eating fruits and vegetables daily, and not smoking, vaping or juuling."

Wellness

Work together as a family to find a new recipe to make together that is heart healthy—think lots of fruits or vegetables, lower fat, lower salt and sugar, and delicious!

Corner

Free Fitness Opportunities

Railyard Fitness: February
Lake Mills Elementary School
(155 E. Pine St. Lake Mills, WI)
February 3, 10, 17, 24
2p-4p

Open Swim: February
Jefferson High School
(700 West Milwaukee St. Jefferson, WI)
February 10 & 24
1p-3p





Noticias de Mochila

Kids

Febrero 2019

Mes de la Salud del Corazón

Febrero es conocido como el Mes Nacional del Corazón, y cuando lo piensas, ¡tu corazón es muy importante! Sin tu corazón, no tendrías sangre atravesando todo tu cuerpo, ¡y eso significaría no más correr, saltar, jugar o estar vivo!

Existen muchas cosas diferentes que puede hacer para mantener su corazón sano y fuerte:

Ejercicio

El ejercicio es una excelente manera de hacer que su corazón se mueva y de mantenerlo fuerte para todas las actividades, los deportes y los juegos que desea hacer. Se recomienda 60 minutos al día para los niños y puede ser una combinación de actividades como clases de gimnasia, recreo, jugar después de la escuela o practicar un deporte.

Nutrición

Lo que come hace una gran diferencia en cómo se siente y qué tan saludable está su corazón. Las frutas y verduras tienen muchas vitaminas y nutrientes que son buenos para tu cuerpo, y las proteínas magras (como pollo, pescado y frijoles) mantendrán tus músculos y tu corazón fuertes. Los alimentos dulces y salados deben ser limitados y solamente deben ser consumidos "de vez en cuando".

Peso Saludable

Su médico puede hablar con usted sobre cuál es el peso correcto para su edad y estatura cuando visite durante su cita anual.

Limite el Tiempo de Pantalla

Jugar videojuegos y ver televisión puede ser divertido, pero no ayuda mucho a mantener fuertes al corazón, los huesos y a los músculos. Piense en agregar ejercicios u otras actividades con su familia en lugar de pasar tiempo frente a la pantalla.

Evite el Tabaco

El tabaco y el fumar apesta! Fumar no solo daña su corazón, sino que también es malo para sus pulmones, sangre y otros órganos. ¡Di no al tabaco!

RCP con Sólo las Manos

RCP significa "Resucitación CardioPulmonar" (CPR, por sus siglas en inglés) y se usa cuando alguien se tumba y su corazón se detiene. Si bien hay clases para aprender a fondo sobre la RCP, la RCP solo con las manos es un gran recurso para el público en general y es fácil de aprender.

Si ve que alguien se tumba, o se encuentra con alguien que se ha tumbado, los dos pasos son:

1. Llame al 911
2. Empuja Fuerte y Rápido en el centro del pecho

Para más información visite a www.heart.org y busque "Hands Only CPR" ("RCP con Sólo las Manos")

Consejo del Mes del Proveedor de Servicios de Salud

De Catherine Sweeney, MD (Pediatra),

en Internal Medicine and Pediatrics y Johnson Creek Clinic

"¿Sabías que tu corazón late más de 100.000 veces al día y 3.5 mil millones de veces durante tu vida? ¡Eso es mucho trabajo!" Mantenga su músculo cardíaco en forma haciendo ejercicio durante al menos 30 minutos cada día, comiendo frutas y verduras todos los días, y no fumar o juular (vapear/fumar cigarrillos electrónicos)".

Rincón del

Trabajen juntos como familia para encontrar una nueva receta para preparar juntos que sea saludable para el corazón: piense en muchas frutas o verduras, menos grasa, menos sal y azúcar, ¡y será delicioso!

Bienestar

Oportunidades para Usar el Gimnasio Gratuitamente

Railyard Fitness: Febrero
Lake Mills Elementary School
(155 E. Pine St. Lake Mills, WI)
Febrero 3, 10, 17, 24
2p-4p

Horas Abiertas de Natación: Febrero
Jefferson High School
(700 West Milwaukee St. Jefferson, WI)
February 10 & 24
1p-3p



FOR HEALTH
FortHealthCare.com



Backpack News

TEENS

February 2019

February: Heart Health Month

February is known as National Heart Month, and when you think about it, your heart is pretty important! Without your heart, you wouldn't have blood moving throughout your body, and that would mean no more sports, hanging out with your friends, or being alive.

There are a lot of different things you can do to keep your heart healthy and strong:

Exercise

Exercise is a great way to get your heart moving, and to keep it strong for all of the activities, sports, and playing you want to do. 60 minutes a day is recommended for teens, and it can be a combination of activities such as gym class, going for a walk with friends or playing sports.

Nutrition

What you eat makes a big difference on how you feel, and how healthy your heart is. Fruits and vegetables have a lot of vitamins and nutrients that are good for your body; lean proteins (like chicken, fish and beans) will keep your muscles strong and keep you feeling fuller, longer; and eating whole-grains will keep your heart and body feeling great. Foods such as sweets, salty foods and fast food should be limited because although they taste good, they don't offer many nutritional benefits.

Healthy Weight

Your doctor can talk to you about what is the right weight for your age and height when you visit for your yearly appointment.

Limit Screen Time

Playing video games and watching t.v. might be fun, but, it doesn't do much to help keep your heart, bones and muscles strong. Think about adding in exercise or other activities with your family or friends instead of having screen time.

Avoid Tobacco

Tobacco and smoking stinks! Smoking/Juuling not only hurts your heart, but it also is bad for your lungs, blood and your other organs. Say no to tobacco!

Hands Only CPR

CPR stands for "CardioPulmonary Resuscitation" and is used when someone collapses and their heart stops. While there are classes to learn about CPR in depth, "Hands-Only CPR" is a great resource for the general public, and is easy to learn.

If you see someone collapse, or come upon someone who has collapsed, the two steps are:

1. Call 911
2. Push Hard and Fast in the center of the chest

For more information, visit www.heart.org and search "Hands Only CPR"

Healthcare Provider Tip of the Month

From Catherine Sweeney, MD (Pediatrician), at Internal Medicine and Pediatrics and Johnson Creek Clinic

"Did you know your heart beats more than 100,000 times a day and 3.5 billion times during your life? That's a lot of work! Keep your heart muscle in shape by exercising for at least 30 minutes each day, eating fruits and vegetables daily, and not smoking, vaping or juuling."

Wellness

Take time for you and your heart this month—think about some ways you can improve your health, and make a plan to make the change! Even the little steps add up.

Corner

5 Health Numbers to Know

From Heidi Jennrich, Pediatric Nurse Practitioner

1. **Height** --how tall are you, and if you are still growing
2. **Weight** -- what you weigh, and if you are gaining/losing weight
3. **BMI** -- Determined from your height and weight
4. **% Grew/Changed** -- Determined from appointment to appointment
5. **Exercise minutes** -- How many minutes daily of exercise are you getting



FortHealthCare.com

Noticias de Mochila

Adolescentes

Febrero 2019

Febrero: Mes de la Salud del Corazón

Febrero es conocido como el Mes Nacional del Corazón, y cuando lo piensas, ¡tu corazón es muy importante! Sin tu corazón, no tendrías sangre atravesando todo tu cuerpo, y eso significaría no más deportes, pasar tiempo con tus amigos o estar vivo.

Existen muchas cosas diferentes que puede hacer para mantener su corazón sano y fuerte:

Ejercicio

El ejercicio es una excelente manera de hacer que su corazón se mueva y de mantenerlo fuerte para todas las actividades, los deportes y los juegos que desea hacer. Se recomienda 60 minutos al día para los adolescentes y puede ser una combinación de actividades como clases de gimnasia, tomar un paseo con los amigos o practicar deportes.

Nutrición

Lo que come hace una gran diferencia en cómo se siente y qué tan saludable está su corazón. Las frutas y verduras tienen muchas vitaminas y nutrientes que son buenos para tu cuerpo; las proteínas magras (como pollo, pescado y frijoles) mantendrán tus músculos fuertes y te harán sentir más satisfecho, y por más tiempo; y comer granos integrales hará que tu corazón y tu cuerpo se sientan bien. Los alimentos como los dulces, los alimentos salados y la comida rápida deben limitarse porque, aunque tienen buen sabor, no ofrecen muchos beneficios nutricionales.

Peso Saludable

Su médico puede hablar con usted sobre cuál es el peso correcto para su edad y estatura cuando visite durante su cita anual.

Limite el Tiempo de Pantalla

Jugar videojuegos y ver televisión puede ser divertido, pero no ayuda mucho a mantener fuertes al corazón, los huesos y a los músculos. Piense en agregar ejercicios u otras actividades con su familia en lugar de pasar tiempo frente a la pantalla.

Evite el Tabaco

El tabaco y el fumar apesta! Fumar (o vapear/fumar cigarrillos electrónicos) no solo daña su corazón, sino que también es malo para sus pulmones, sangre y otros órganos. ¡Di no al tabaco!

Hands Only CPR

RCP significa "Resucitación CardioPulmonar" (CPR, por sus siglas en inglés) y se usa cuando alguien se derrumba y su corazón se detiene. Si bien hay clases para aprender a fondo sobre la RCP, la RCP solo con las manos es un gran recurso para el público en general y es fácil de aprender.

Si ve que alguien se tumba, o se encuentra con alguien que se ha tumbado, los dos pasos son:

1. Llame al 911
2. Empuja Fuerte y Rápido en el centro del pecho

Para más información visite a www.heart.org y busque "Hands Only CPR" ("RCP con Sólo las Manos")

Consejo del Mes del Proveedor de Servicios de Salud

De Catherine Sweeney, MD (Pediatra),

en Internal Medicine and Pediatrics y Johnson Creek Clinic

"¿Sabías que tu corazón late más de 100.000 veces al día y 3.5 mil millones de veces durante tu vida? ¡Eso es mucho trabajo! Mantenga su músculo cardíaco en forma haciendo ejercicio durante al menos 30 minutos cada día, comiendo frutas y verduras todos los días, y no fumar o juular (vapear/fumar cigarrillos electrónicos)".

Rincón del

Tómese tiempo para usted y para su corazón este mes. ¡Piense en algunas maneras en que puede mejorar su salud y haga un plan para hacer el cambio! Incluso los pequeños pasos se suman.

Bienestar

5 Números de Salud para Saber

De Heidi Jennrich, Enfermera Pediátrica Profesional

1. **Altura** – Cuánto mide usted, y si todavía está creciendo
2. **Peso** – Lo que pesas, y si estás ganando / perdiendo peso
3. **IMC (Índice de Masa Corporal, BMI por sus siglas en inglés)** – Determinado por tu altura y tu peso
4. **% De Crecimiento / Cambio** – Determinado de cita en cita
5. **Minutos de ejercicio** – Cuántos minutos diarios de ejercicio estás haciendo

Fort HealthCare
FOR HEALTH

FortHealthCare.com

Beat the Winter Blues!



Bring the whole family to the
2019 Cambridge Wellness Expo
January 13 from 12-3pm at the
Cambridge Elementary School

- Interact on the Railyard Fitness Equipment
- Participate in adult and child demo classes
- Swim for FREE at the Community Pool
- Learn about your local wellness resources and so much more! Presented by the **cambridgewellness** collaborative



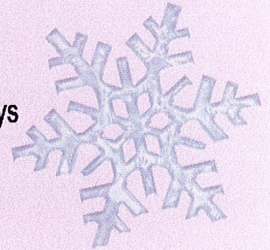
Winter Wellness 2019

FortHealthCare.com/WinterWellness

JEFFERSON

FREE Family Open Swim @ Jefferson High School Pool (sponsored by J.U.M.P.)
 January – March 2019 @ 1:00-3:00 pm; School Winter/Spring Breaks, plus the 2nd and 4th Sundays

- December 27th 2018 (Winter Break)
- January 13th & 27th 2019
- February 10th & 24th 2019
- March 10th & 24th 2019
- March 13th 2019 (Spring Break)



FORT ATKINSON

A variety of activities, including youth programs are available for residents year round through the **Fort Atkinson Parks & Recreation**. Visit www.fortparksandrec.com.

Fort Healthy is working on a trail enhancement project for the Bark River Trail. Stay tuned for details surrounding a completion celebration on Earth Day in April 2019. Visit @FortHealthy for continued updates.

Fort Memorial Hospital (611 E Sherman Ave)
Indoor Community Walking Path.
 Fort HealthCare welcomes walkers on the first floor of Fort Memorial Hospital, 6 a.m. – 8 p.m. daily, where windows provide a view of the outside and a carpeted floor cushions your steps. Stop by the information desk to sign in for each visit. Due to the space available, strollers are not permitted. questions, please call (920) 568-5244.

CAMBRIDGE

FREE Wellness Fair January 13th 2019 12:00-3:00 pm
 (Sponsored by the Cambridge Wellness Collaborate & partners)

- Fort HealthCare's Railyard Fitness
- Health & wellness booths
- Fitness demos & classes
- Raffle prizes

Open Swim Saturdays 8:00 am – Noon & Sundays 2:15-4:00 pm
 now through February 28th 2019

- Open to the residents and non-residents of Cambridge
- Adult rate \$6 (resident), \$7 (non-resident)
- Family rate (must reside at same residence) \$11 (resident), \$13 (non-resident)
- Senior and students rates also available

C.A.P. Play Space @ Cambridge Elementary School weekdays 8:00-10:00 am; \$5/day

- Ages 0-5 years with a parent

Free Open Gym, Sundays November 11 – February 24
 (except 11/25, 12/23, 12/30)

- Grades K – 12; 1:00-3:00 pm
- Cambridge High School Gymnasiums
- Parent signed waiver required (visit www.cambridgecap.net)

JOHNSON CREEK

JC School District Community Fitness Center, Free and open to Johnson Creek residents, Mon-Fri 5:30-7:30 am and Mon-Thurs. 5-8 pm.

Johnson Creek Bootcamp, JC Middle/High School (455 Aztalan Rd), Monday, Tuesdays, and Thursdays 5:15 am – 6:05 am, \$4/class or \$40/month (all money goes towards athletic fields completion). Visit @jcbootcamp for details.

LAKE MILLS

FREE Open Gym, Sundays November 4 – February 24
(except 11/25, 12/23, 12/30)

- 1:00-2:00 pm Birth – Kindergarten; 2:00-4:00 pm Grades 1-8
- Lake Mills Elementary School Gym
- Parent signed waiver required (visit www.lakemills.k12.us/district/recdept.cfm)

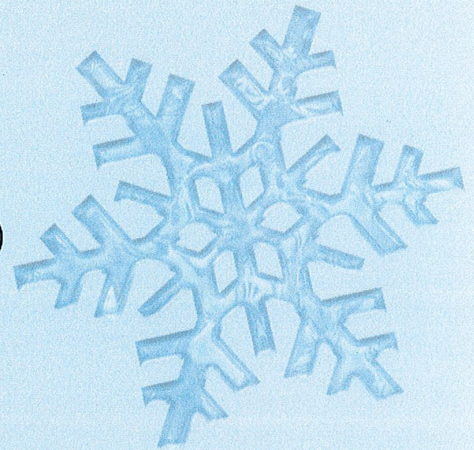
FREE Family Fun Day, Sunday February 10th 2019 1:00-4:00 pm

- Lake Mills Elementary School Gym; Sponsored by local businesses
- Inflatables, outdoor yard games, Railyard Fitness, light concessions & more!

Knickerbocker Ice Festival, February 1st and 2nd downtown Lake Mills.

Lake Mills Wellness Coalition sponsored events (@LMWC4ourHealth)

- FREE Candlelight Ski & Snowshoe, Friday February 1st 2019 @ 6:00-8:00pm Korth Park (W8930 Korth Lane, Lake Mills)
- Winter Activities in the Park, Saturday February 2nd 2019 @ 11:00 am – 1:00 pm
- Family Games in the Park, Saturday February 2nd 2019 @ 1:00-2:30 pm



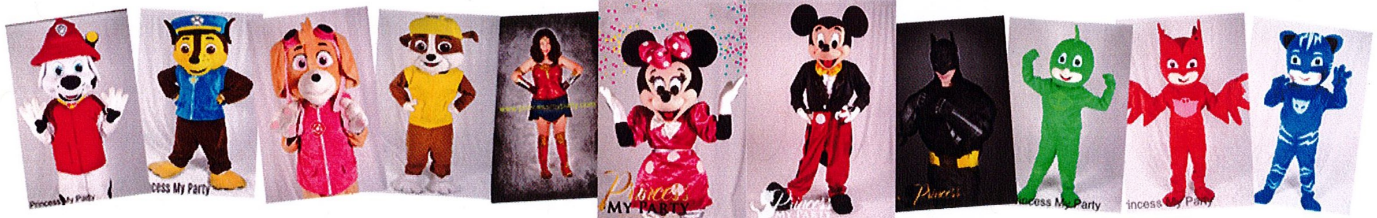
WHITewater

Free Family Open Gym, Whitewater High School, TBD visit www.W3wellness.org for details.

Free Family Open Swim, Whitewater Aquatic & Fitness Center the first Friday of the month.

Enter free between 5:00-7:00 pm and swim free until closing at 9:00 pm.

Cardio with Characters!



1/28/19: Zumba® with Tiffany!
5:00pm Photos with Wonder Woman & Batman!
or 6:00pm

3/25/19: Bootcamp with Stephanie!
5:00pm Photos with Mickey & Minnie!
or 6:00pm

2/23/19: USA Karate with Randy!
9:00am Photos with The PJ Masks!
or 10:00am

4/27/19: USA Karate with Randy!
9:00am Photos with Paw Patrol!
or 10:00am

Sign up for classes online at
FortHealthCare.com/CardioWithCharacters
\$5.00 fee per person includes 30 minutes
of exercise followed by 30 minutes of
time to meet & greet and photograph!

Brought to you by:





**Get the whole family healthy while having fun!
 Come dressed in workout clothes!**

This 8-week family fitness program is designed for families with children ages 5-16 who are looking for ways to incorporate healthy eating and a more active lifestyle into their lives. Different topics are covered each week related to nutrition and healthy eating, and the lesson is followed by fun, family fitness activities. The course is designed to guide families in making healthier choices while having fun.

Session:

FORT ATKINSON
Tuesdays
 Jan. 22 - Mar. 12
 Instructors: TBD
6:30pm - 7:30pm
 Fort HealthCare Therapy & Sport Center
 1504 Madison Ave. - Fort Atkinson

Cost: \$40 per family (Financial assistance is available to those who qualify)

Register by calling (920) 568-5475 or online at
FortHealthCare.com/class/movin-and-losin





RAILYARD FITNESS

2018-19 Winter Open Gyms

Free!

JAN
6, 13,
20, 27

CAMBRIDGE ELEMENTARY
SCHOOL

FEB
3, 10,
17, 24

LAKE MILLS ELEMENTARY
SCHOOL

MAR
3, 10, 17
24, 31

BARRIE ELEMENTARY
SCHOOL

All open gym Sundays are from 2p-4p

More information can be found at
www.forthhealthcare.com/railyard

Railyard fitness is an indoor obstacle course where you get a complete workout disguised as FUN.

Our open gyms are designed to be a come-as-you-go opportunity where you can get out of the house, and have a place to burn off energy during the cold winter months.

The open gyms are always FREE, and kids and adults of all ages are welcome.

Parent/Guardian must be present to supervise children.



RAILYARD FITNESS

2018-19 Winter Open Gyms

Free!

JAN
6, 13,
20, 27

CAMBRIDGE ELEMENTARY
SCHOOL

FEB
3, 10,
17, 24

LAKE MILLS ELEMENTARY
SCHOOL

MAR
3, 10, 17
24, 31

BARRIE ELEMENTARY
SCHOOL

All open gym Sundays are from 2p-4p

More information can be found at
www.forthhealthcare.com/railyard

Railyard fitness is an indoor obstacle course where you get a complete workout disguised as FUN.

Our open gyms are designed to be a come-as-you-go opportunity where you can get out of the house, and have a place to burn off energy during the cold winter months.

The open gyms are always FREE, and kids and adults of all ages are welcome.

Parent/Guardian must be present to supervise children.





RAILYARD FITNESS

2018-19 Gimnasios de Hora Abierta del Invierno

iGratis!

ENE
6, 13,
20, 27

CAMBRIDGE ELEMENTARY
SCHOOL

FEB
3, 10,
17, 24

LAKE MILLS ELEMENTARY
SCHOOL

MAR
3, 10, 17
24, 31

BARRIE ELEMENTARY
SCHOOL

Todos los domingos de gimnasio de hora abierta son de 2p-4p

Puede encontrar más información en www.forthhealthcare.com/railyard

Railyard fitness es una pista de obstáculos interior/cubierta en la que obtienes un entrenamiento completo disfrazado de DIVERSIÓN.

Nuestros gimnasios de hora abierta están diseñados para ser una oportunidad para salir de la casa y tener un lugar donde quemar energía durante los fríos meses del invierno.

Los gimnasios de hora abierta son siempre GRATUITOS, y los niños y adultos de todas las edades son bienvenidos.

El padre / tutor debe estar presente para supervisar a los niños.



Railyard fitness es una pista de obstáculos interior/cubierta en la que obtienes un entrenamiento completo disfrazado de DIVERSIÓN.

Nuestros gimnasios de hora abierta están diseñados para ser una oportunidad para salir de la casa y tener un lugar donde quemar energía durante los fríos meses del invierno.

Los gimnasios de hora abierta son siempre GRATUITOS, y los niños y adultos de todas las edades son bienvenidos.

El padre / tutor debe estar presente para supervisar a los niños.



RAILYARD FITNESS

2018-19 Gimnasios de Hora Abierta del Invierno

iGratis!

ENE
6, 13,
20, 27

CAMBRIDGE ELEMENTARY
SCHOOL

FEB
3, 10,
17, 24

LAKE MILLS ELEMENTARY
SCHOOL

MAR
3, 10, 17
24, 31

BARRIE ELEMENTARY
SCHOOL

Todos los domingos de gimnasio de hora abierta son de 2p-4p

Puede encontrar más información en www.forthhealthcare.com/railyard