



SOUTHERN REGIONAL MIDDLE SCHOOL

# WEIGHT ROOM CLUB

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Weight Room Club is a club that gives students the opportunity to work out with their friends after school. Students are shown how to safely utilize the equipment in the fitness room. We support a positive environment where students are encouraged to motivate each other! Students sign up daily on the sign-up sheet outside of the weightroom. This club is limited to 30 participants per day and is on a first come, first served basis.

Darcy Kolodziej [dkolodziej@srsd.net](mailto:dkolodziej@srsd.net)

MS Room: C-12 / Weight Room

NOVEMBER-APRIL, 2x per week, 2:15 – 2:55

See SRMS Student Bulletin for meeting dates

Please click [HERE](#) for participation permission slip.