



NORTH FITNESS CLUB



The mission of the North Fitness Club is to help students get into the best shape of their life, both physically and mentally. This club is for those who have a high interest in weightlifting and are serious about improving their mental health. We will meet after school every Tuesday and Thursday beginning in September. Students will learn proper lifting techniques used in the weight room, workout routines, and nutritional habits to better live a healthy lifestyle. Whatever your fitness goals are, let us know!

If you are interested in signing up, please return this form back to Mr. Tudor or Mr. Hawk. We have a limited number of space available so please return this form quickly. We will notify you on schoology if you have been selected. We will run 4 different cycles throughout the school year so if you are not selected this round, please try again later.

Student Name (Print): _____

Team: _____

Parent signature: _____

Contact information

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