

Staff,

This summer we will once again be running CrossFit classes for all staff and family members at the high school. Please consider giving it a try for a week or two as each class session will be led by a Level 1 CrossFit Trainer who will teach you the movements and lead you through the workouts. CrossFit is an effective way to get fit, is easily modified for anyone to do, and it combines a variety of functional movements in each workout.

Morning classes will be held Monday through Friday 6:00 A.M. - 7:00 A.M.

Afternoon classes will be held Monday, Tuesday, Thursday at 12:15 - 1:15 P.M.

Evening classes will be held Monday, Wednesday, Thursday from 4:00 P.M. - 5:00 P.M.

Please email Chuck Brehm (cbrehm@wdpsd.com) if you plan on trying CrossFit this summer or would like more information. You may also talk to the following people at each building who have been doing CrossFit this past school year for more information.

Westwood - Jason Lau, Melissa Menne, Chris Shier, Akeem Edmonds

Hemlock Creek - Andrea Brehm, Christine Noskowiak, Karen Van Duyse, Pamela Sands

Middle School - Kevin Vander Zanden, Kevin DuBois, Nicci Verbeten

High School - Becky Deeg, Natalie Buhl, Beth Buboltz, Alyssa Racine, Melanie Griesbach, Mike Besel, Chris Glinski, Rochelle Coopman, Russ Gerke, Kevin Olm

“The fun is in the community.” - Greg Glassman CrossFit CEO and Founder

Scott Eggart
Associate Principal/Activities Director
West De Pere High School
Phone #: [920-338-5214](tel:920-338-5214)
Fax #: [920-338-5310](tel:920-338-5310)