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Cross Fit

1 message

Scott Eggart <seggart@wdpsd.com>

Tue, Jan 2, 2018 at 8:14 AM

To: allsubscribers <allsubscribers@wdpsd.com>

Sorry there was a mix up in one of the times. Here is the information again

I hope this email finds you enjoying your break and you are getting excited for the new year. This time of year brings a lot of resolutions and new goals with diet and exercise. CrossFit WDP would like to help you reach those goals and are inviting you to attend some workouts next week. All workouts will be programmed as partner workouts this week. Bring a friend or show up solo and we will help get you started. There is sure to be plenty of support from our current community at each workout session. All abilities are welcome to attend and all movements are able to be scaled to meet your current level of fitness. Feel free to contact Chuck Brehm cbrehm@wdpsd.com or Natalie Buhl nbuhl@wdpsd.com with any questions you may have.

Workout Sessions are listed below.

Monday - Friday
5:15 to 6:00 AM, 3:00 to 3:45 PM

Monday - Thursday
4:30 to 5:15 PM

Chuck Brehm

Scott Eggart
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