



SOUTHGATE WELLNESS CENTER OPEN TO COMMUNITY

**OPEN 2 DAYS
A WEEK**



Southgate School has received an equipped Wellness Center as part of the participation in the PEP grant. The Wellness Center is open to Southgate students in grades 7 and 8 as well as adult members of the Southgate Community. The Center is open

**MONDAYS 6 PM– 8 PM
THURSDAYS 6 PM– 8 PM**



- ♦ Kettlebells
- ♦ Stationary Bike
- ♦ Treadmill
- ♦ Elliptical
- ♦ Rotating fitness items such as:
- ♦ Bosu Balls
- ♦ Battle Ropes/Workout Ropes

6 William Blatt St. | Southgate | KY | 41073

LOCATED IN SOUTHGATE SCHOOL



ONLY 7TH/8TH GRADERS AND ADULTS: NO CHILDREN ALLOWED

NO CHILDCARE AVAILABLE

Every person working out in the Wellness Center will be required to fill out a waiver of liability. 7th and 8th graders and older minors will need to have the waiver signed by a parent or guardian.

REMEMBER THERE IS NO BABYSITTING SERVICE SO NO ONE YOUNGER THAN 7TH GRADE WILL BE ADMITTED OR ALLOWED IN THE BUILDING DURING WELLNESS HOURS. ALSO, THE WELLNESS CENTER IS NOT A "HANG-OUT" FACILITY, LOITERERS WILL BE ASKED TO LEAVE.



Shiloh Schweitzer
— Supervisor

