

RMS Fitness Club

RMS Fitness club encourages students to develop and maintain a healthy lifestyle. Fitness club offers an hour of different styles of exercise (cardio, strength, plyometrics, yoga) and fun fitness related games. The goal of Fitness club is to increase the knowledge and experience of different physical activities for Readington students outside of school hours. Fitness is the main focus with many opportunities for games and dance. All students will be expected to participate and have fun while exercising!

The Fitness club will meet every Thursday starting mid November- mid March from 2:30 - 3:30 PM in Room 405.

Start Date: Thursday, November 17th

End Date: Thursday, March 16th

Participant Name: _____

Grade: _____

Participant's goal for fitness club:

Guardian's Signature: (I hereby give my child permission to participate in the RMS Fitness & Dance Club and acknowledge and assume any risk of injury during this activity)

Guardian's Name & Cell: _____ Home: _____

Emergency Contact (Name & Phone #): _____

Additional Information: (Personal concerns, allergies, medications, etc.)

Thank you for completing this form, please return it to Mrs. Sperone in room 107. I can be reached by email at ssperone@readington.k12.nj.us or by phone ext. 3107.



