St. John the Baptist Fit Club!

Our Strength is in God.

Come join us after school to start being healthy…

Let’s get working out!

**Fit Club will take place from after school until 4:00 on every 2nd Wednesday of each month starting Wednesday, September 14, 2022.**

Bring a water bottle with your name on it, and make sure you have your tennis shoes. (Do not bring extra clothes. Students will work out in their uniforms or in their Fit Club shirt and uniform bottoms.)

Mom, dad, and other adults are welcome to work out with us, but you must have all Diocese Requirements completed before you can work out.

Fit Club is for students in grades K-8. In order to participate, please return the completed permission note to the office by August 29, 2022. If you have any questions, please contact [christie-owens@cdolinc.net](mailto:christie-owens@cdolinc.net).

We will also be ordering Fit Club t-shirts. Students may wear these shirts on the Wednesdays that we have Fit Club with their uniform bottoms. Attached to this note you will find an order form for the t-shirts.

**Dates for Fit Club 2022-2023 School Year:**

**September 14**

**October 12**

**November 9**

**December 14**

**January 11**

**February 8**

**March 8**

**April 12**

**May 10 (Fit Club End of Year Party)**

Has my permission to work out with St. John the Baptist’s Fit Club

Parent Name and Phone Number

**Fit Club T-shirt Order Form**

Fit Club t-shirts can be worn with uniform bottoms on each Wednesday that we have Fit Club. The t-shirts will cost $10. Please fill out the sizes you would like below.

Youth Sizes:

\_\_\_\_\_\_\_ YS \_\_\_\_\_\_\_ YM \_\_\_\_\_\_\_ YL \_\_\_\_\_\_\_ YXL

Adult Sizes:

\_\_\_\_\_\_\_ S \_\_\_\_\_\_\_ M \_\_\_\_\_\_\_ L \_\_\_\_\_\_\_XL \_\_\_\_\_\_\_ XXL

Number of Shirts Ordered \_\_\_\_\_\_\_\_\_\_

Total Cost \_\_\_\_\_\_\_\_\_\_

Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_