

# Exercise Opportunities at Your School

## DeSoto School District

Open to the public free of charge.

### **Weight Room/Fitness Center:**

- **Mondays, Tuesdays, & Thursday** evenings from 6:00 p.m. to 8:00 p.m.

For more information call (608) 348-3311.

## North Crawford School District

Open to the public free of charge.

### **Open Gym:**

- **Sunday Evenings:** January — March from 6:30 p.m. to 8:30 p.m.

### **Open Hallways:**

- **Monday – Friday:** Hallways available for walking before and after school.

For more information call (608) 735-4318.

## Prairie du Chien School District

The public is welcome to access the high school for walking and the weight room at no cost.

### **Open School for Walking**

- **Monday — Friday** from 5:00 a.m. to 8:00 a.m. and again from 4:00 p.m. to 6:00 p.m.

*(Enter through the main door in the front or Door H in the center of the back of the building.)*

### **Open Weight Room**

- **Monday — Friday** from 6:00 a.m. to 8:00 a.m. and again from 4:00 p.m. to 6:00 p.m.

*(Building on the east side of the back parking lot. There is supervision during these hours.)*

- When school is not in session the facilities will NOT be available.

For more information call  
(608) 326-3700.

## Wauzeka-Steuben School District

### **Open Gym:**

Open to the public free of charge.

- **Wednesday's** from 7:00 p.m. to 10:00 p.m.

### **Wauzeka's Angels Fitness Center:**

- Community members can check out key fobs to use center at any hour for a cost of \$10/month or \$100/year.
- Students 6th -12th grades & Staff (no charge)
- Students, 5th grade and younger, are NOT allowed in the Fitness Center.

For more information call  
(608) 875-5311.

## Seneca School District

Available to district residents for free.

### **Open Stage & Weight Room:**

Fitness equipment on the stage includes bikes, elliptical and treadmills.

- **Mornings:** Monday — Friday from 6:45 a.m. to 8:05 a.m.  
*(Door 1 - the front doors on main street.)*
- **Evenings:** Monday—Friday when sports practices are held.  
*(Door 7 - south door, facing the bus garage)*

### **Open Gym, Stage & Weight Room:**

*(Door 7 - south door, facing the bus garage)*

### **November 25 — February 24**

- **Sunday's** from 7:00 to 8:00 p.m. for students & adults.
- **Wednesday** from 7:00 to 8:00 p.m. for adults.
- On days when school is late or cancelled, the fitness area will NOT be open.

For more information call  
(608) 734-3411.



December 2018

