Fitness Club Wellness Center

**Boys Group A** **Boys Group B**

Zander Philbeck Chris Essmaker

Keegan Lindley Jason Smtih

Nate Reed Gabe Phillips

Maison Hadley Mason Cunningham

Tyler Vredeveld Ryan Dickenson

**Girls Group A**  **Girls Group B** **Girls Group C**

Kyla Ray Emily Tedder Kaya Moore

Ella Wilson Madison Weaver Emily Wilson

Brynna Cheek Cassi Bergfield Larissa Lawrence

Cheyenne Mann Hailey Carmichael Jordan Young

Lucy Jones Abby Calderon

**Cardio Vascular Room**-Bikes, treadmills, elliptical machine, and sit-up pads

1. Girls Group A

**Dumbbells-**back rows, arm curls, lunges, butterflies, shoulder raises

1. Girls Group B

**Machines 1-**Back iso row, lat pull down, ab machine, back extension, shrug machine

1. Girls Group C

**Machines 2-**Squat machine, shoulder thurst (2), triceps pushdown, chest machine

1. Boys Group A

**Machines 3-**Pec deck, smith machine, arm curl machine, leg press, leg curl

1. Boys Group B