

NEWS FROM THE FITNESS CENTER...

Welcome to Chris Detweiler, Fitness Center Technician.

Hello Indiana School District,

My name is Chris Detweiler and I am the new Fitness Center Technician. A little background about myself, I am 25 years old and I am from Uniontown, PA. I graduated in 2005 from Laurel Highlands and also graduated from IUP with degree in Sports Management. I am also a certified personal trainer so if anyone needs some tips on a workout, let me know! A lot of you may know my wife Carolyn Detweiler (3rd Grade teacher at Eisenhower) through working along side of her or having her as a student in school.

I am a huge Pittsburgh sports fan and also love playing basketball and soccer. I also enjoy fitness and helping people live stronger healthier lives. I still train people at the YMCA as well as teach a Transformation class and I have my own Y Loser group there. So again, if anyone would like some help with any exercises or to just talk about fitness goals I'll be here for you. I've already met some really great people and hope to meet all of you in the future!

FITNESS CENTER HOURS:

The fitness center will be open to all faculty/staff and **ALL** students who attend the junior high school (grades 7 and 8) and senior high school (grades 9, 10, 11 and 12).

Athletes are encouraged to use the fitness center under the supervision of their coach. If not under the supervision of a coach, Fitness Center Technician, Christopher Detweiler must oversee students during the following hours:

Monday 2:00 – 8:00 p.m.

Tuesday 2:00 – 8:00 p.m.

Wednesday 2:00 – 8:00 p.m.

Thursday 2:00 – 8:00 p.m.

Friday 2:00 – 7:00 p.m.

Saturday/Sunday – CLOSED