

# Ironton City Schools

## 2010-2011

### Wellness Program

The Ironton City Schools Wellness Program is FREE to all Ironton City School District and the Lawrence County Education Service Center employees and their family members that are covered under the employee's health insurance plan.

#### Activities

- Zumba Free Instructor: Marta Taylor Two of the four sessions per week are free. Additional sessions cost \$3.00 per session.

#### Activity Schedule

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zumba</b>	7:15 pm - 8:15 pm IES/IMS Cafeteria	7:15 pm - 8:15 pm IES/IMS Cafeteria		7:15 pm - 8:15 pm IES/IMS Cafeteria		10:00 am -11:00 am IES/IMS Gym

Questions and requests for additional information can be emailed to Athletic Director Mark LaFon ([mark.lafon@tigertown.com](mailto:mark.lafon@tigertown.com))