

Ironton City Schools

2009-2010

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

- Jazzercise Instructors: Rita Issac & Ronda Guy
- Yoga Instructor: Sandra Farrar One session per week is free. The second session cost \$5.00.
- Zumba Free Instructor: Marta Taylor Two of the four sessions per week is free. Additional sessions cost \$3.00 per session.

Activity Schedule

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jazzercise	3:45-4:45 Guys Floor Covering 3501 S. Third Street					
Yoga	3:30-4:30 IES/IMS Cafeteria		3:30-4:30 IES/IMS Cafeteria			
Zumba	7:15-8:15 IES/IMS Gym	7:15-8:15 IES/IMS Gym		7:15-8:15 IES/IMS Gym		10:00-11:00 IES/IMS Gym

Questions and requests for additional information can be emailed to Athletic Director Mark LaFon (mlafon_ic@scoca-k12.org)