

TAKE TIME DURING YOUR SCHOOL DAY
TO RELAX - REFRESH - REFOCUS!

YOGA

CONTACT COACH SHAYLA AT
SHAYLA.WINDER@JORDANDISTRICT.ORG FOR MORE INFORMATION

GET YOUR
BALANCE
RIGHT!



DO YOU LOVE TO DANCE?
WE HAVE JUST THE RIGHT
PE ELECTIVE CLASS

just for you

**SIGN UP FOR ZUMBA WITH COACH
SHAYLA - YOU WON'T REGRET IT!**

QUESTIONS? - EMAIL
SHAYLA.WINDER@JORDANDISTRICT.ORG

