



Cross Country Running Clinic

Are you interested in staying fit over the Thanksgiving break? Sign up for Mrs. Reeds' Cross Country Running Clinic!
8:00 a.m. to 10:00 a.m.

Mon, Tues, Wed, November 21-23

Cost: \$15

Clinic includes: cardiovascular endurance, circuit training, games, running drills, individualized nutrition/training plans, and much more!

Please make out your check to
"El Rancho Charter School"
See Mrs. Reeds to sign up!