

# Mapleton Community Gym High School Workout

Thursday, 11 September 2008

3:02 PM

This term has been a bit more active than usual for the High School class. Every Monday, the high school class (pictured) has been visiting the Mapleton Community Gym as part of their Health and PE program. This has been an excellent opportunity for the students to mix with our broader community, and to explore their own physical capabilities. They have enjoyed enthusiastic sessions of weight training, boxing training, rope skipping, aerobic machines and palates. We would all especially like to thank our trainer, Denis Condon, for his energy and inspiration, and to thank the Community Gym for their wonderful support of our school.

