



WEIGHT TRAINING CLUB

The Holy Cross Weight Training Club is not a club that has formal membership. There are no meetings or official attendance requirements. The Club is actually an opportunity to use the Holy Cross Weight Room under the supervision of Mr. Aufieri, the Chairperson of the Physical Education Department and former Weight Training supervisor of the Holy Cross Football program for over 40 years, and Ms. Giordano, who leads our Girls Physical Education program.

From late September until the end of the school year, students can use the Weight Room (Hammer Strength Machines) under faculty supervision. The weight room is open from 2:30 to 3:30 pm. on Mondays and Wednesdays for girls, and Tuesdays and Thursdays for boys.

Freshmen receive weight training instruction in P.E. class, and can use the weight room after school starting in January.

