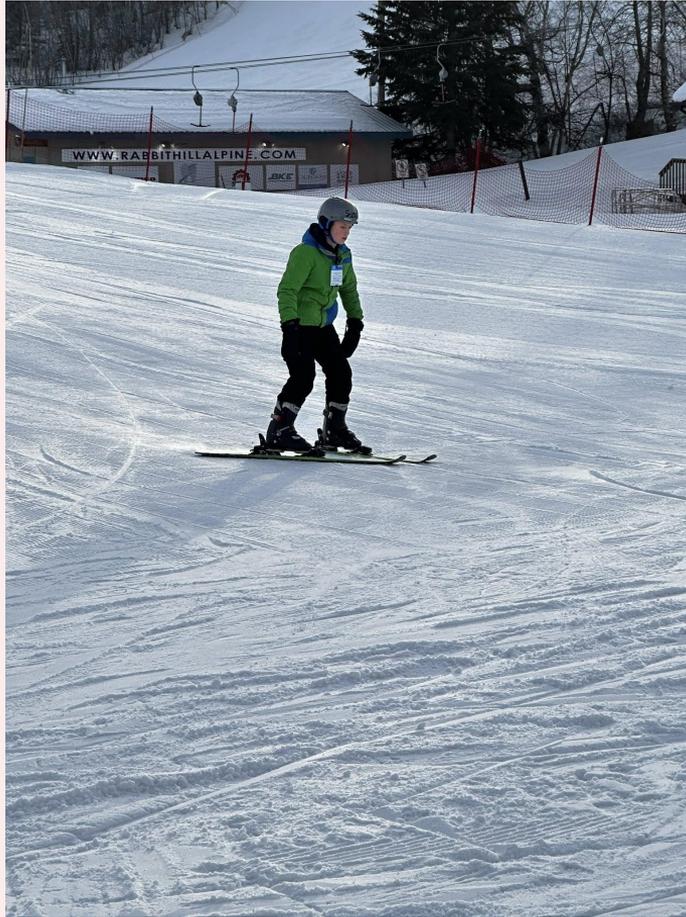




School News

February 2026

Covenant Christian School



Riverview Middle School



Robina Baker Elementary School



École Leduc Junior High School



Thorsby Elementary School



École Bellevue School



École Leduc Junior High School



John Maland High School



Covenant Christian School



Ohpaho Secondary School



Linsford Park School



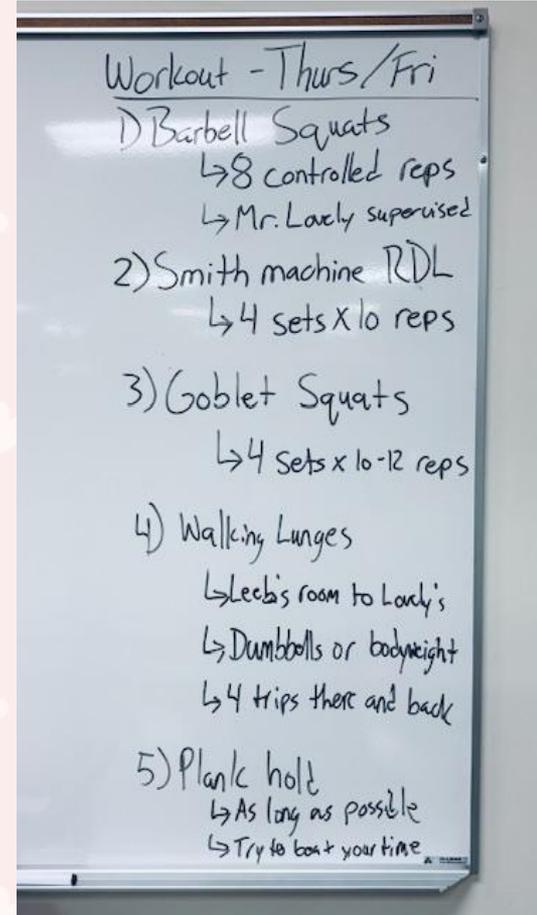
École Beau Meadow School



École Horizon Heights School



École Dansereau Meadows School



Workout - Thurs / Fri

- 1) Barbell Squats
 - ↳ 8 controlled reps
 - ↳ Mr. Loxly supervised
- 2) Smith machine RDL
 - ↳ 4 sets x 10 reps
- 3) Goblet Squats
 - ↳ 4 sets x 10-12 reps
- 4) Walking Lunges
 - ↳ Leeb's room to Loxly's
 - ↳ Dumbbells or bodyweight
 - ↳ 4 trips there and back
- 5) Plank hold
 - ↳ As long as possible
 - ↳ Try to beat your time

École Bellevue School



École Leduc Estates School



Caledonia Park School





Thank You!