

FOR GIRLS ONLY
EXERCISE CLASS



Grades 5-8

What: This 45 minuet class will be a **serious exercise class**. Do not worry if you are not in great physical condition, this class is for you! We will learn ways to exercise at home, to build muscle/bone strength (critical to girls), increase cardio endurance, become more flexible and have fun. This is a class that will not judge you but rather support you on your quest to better health. We will also discuss simple ways to improve our dietary choices, a key to overall health. Come if you are serious about making some simple changes in your physical health.

Where: The gym

When: Wednesdays after school. **We will begin promptly at 3:15 and end at 4:00.**

Dates: January 16, 23, 30 February 6, 13, 20

Bring: A light snack to be eaten by 3:15 (yogurt, granola, apple), water and a small towel for planks to support elbows on the floor.

Wear: PE uniform or a change of clothes, sneakers **YOU CANNOT DO THIS CLASS IN YOUR SCHOOL UNIFORM**