



Fitness Club and Dance

Club Advisor: Mr. Steinel



Fitness Club and Dance: is organized around the idea of maintaining a healthy lifestyle through fitness and dance. The club will promote fitness and encourage motivating one another while having a positive mental attitude. I will be teaching workout routines, movements, strategies, and basic dances that will work to improve cardiovascular endurance. This will be an excellent opportunity for your child to learn about living and maintaining a **lifelong healthy** lifestyle.

Fitness Club and Dance: will meet once a month at ETMS and work on several facets of fitness. All students must have a signed permission slip prior to participating in any physical activity. The club will meet between the hours of 2:30 – 3:30 once a month. Please wear sneakers and follow the school dress code. The meeting dates are posted outside of Mr. Steinel's room M207. Bring a water bottle to every meeting.

Fitness Club and Dance: students will be expected to work out to the best of their ability, as well as to take breaks when needed. The goal is to work out hard and build cardiovascular endurance, but not to over train and cause injury. Several activities may include but are not limited to: jumping jacks, running, jogging, push-ups, burpees, vertical jumps, planks, crunches, high knees, squats, lifting basic weights for various body parts, different stretches and holds, dips, dances, and plenty more. Students will work out in the middle/high school fitness centers.

PERMISSION SLIP

My child (please print) _____, who is in _____ grade, has my permission to participate in the **Fitness Club and Dance**. My child has permission to engage in physical activities to learn a healthy lifestyle. My child has no known medical problems which would prevent him/her from participating. If they have medical needs, please describe: _____.

Parent/Guardian Signature _____

Date _____