

Introduction to Group Fitness

Grade Levels: 9th grade and any students who need to complete their PE credit for graduation

Prerequisites: None

Course Numbers: 23501, 23502

Credit Type: PE or Elective

Course Description:

Welcome to our Group Fitness Class! No matter your starting point, this course is tailored for everyone. We will set both short and long term goals that increase your fitness while making you more flexible, stronger, and better coordinated with the intentions of lifelong fitness.

Our supportive environment ensures your safety as we explore exercises to improve balance and coordination. But it's not just about physical fitness - We'll also learn stress-busting techniques and ways to boost your energy levels.

Moreover, this class isn't just about workouts; it's about connecting with yourself on a deeper level. Come join us in discovering how to maintain a healthy body, manage stress, and uncover the best version of yourself!

In this activity-based course, students learn to improve personal fitness as a lifetime activity. Activities may include Zumba, core workouts, Pilates, step aerobics, weight training, and/or yoga. This course emphasizes the five components of fitness: cardiovascular fitness, muscular endurance, muscular strength, flexibility, and body composition. Students participate in fitness assessments throughout the course.