



## PERSONAL/INDIVIDUAL FITNESS ACTIVITIES

### **PAI2OF**

This course focuses on the development of a healthy lifestyle and participation in a personal fitness program and individual fitness activities. These activities have the potential to engage students' interest throughout their lives while improving their personal fitness. **Weekly activities may include: fitness walks, weight room, zumba, yoga etc.**

### **SUMMATIVE ASSESSMENT**

- Fitness Testing (February & June)
- Health Assignment

**THE FOLLOWING ACTIVITIES ARE TENTATIVELY SCHEDULED FOR THE SEMESTER:**

**Zumba \$2.00/class x 4 = \$8.00**

**Yoga \$2.00/class x 3 = \$6.00**

**Dance \$1.00/class x 4 = \$4.00**

**Bowling (Rose Bowl ) = \$10.00**

**Adventure Bay = \$15.00**

**Springz = \$20.00**

**Please note this is a tentative list and changes may be made due to interest and availability of instructors.**

**Please make cheques payable to "Essex Athletic Association"**

