

Group Fitness

Summit High School

Course Description:

Students will learn a variety of cardiovascular and strengthening fitness activities in a group setting, set to music to engage interest. These courses are designed to motivate student fitness and weight management by offering a group work out environment. Knowledge of lifetime wellness and fitness will be covered throughout each course. Activities may include; Body Pump, Pilates, Yoga, Step Aerobics, Zumba, A.B.S. (Abdominal Back Strengthening), Cardio kick boxing, Core Resistance Training, Body Sculpt, TRX Training, Spin and Aqua Tone (where applicable).

Course Outcomes/Objectives:

Enrollment:

Sophomores
Juniors
Seniors

Units:

Zumba
Yoga
Step Aerobics
Body Pump
Pilates
Cardio Kickboxing
Core-Resistance
Sculpt
Abs & Back Strengthen
TRX Bands
Spin

*A total of 15 lessons will be offered when possible.

Length/Duration of Units:

This course is offered for one marking period.