

# PAF =

## Strength Training & Group Exercise

**Personal Fitness:** Fitness & Strength Training

This course emphasizes regular participation in a variety of **enjoyable fitness activities** that promote life-long healthy active living.

This class focuses on **individual** fitness activities and **group exercise** that include improvement of movement skills, strength, endurance, agility and mobility.

Activities may include: strength training, weight room, cardio, yoga, circuit training, aerobics, distance runs, boot camps, track circuits, interval training, TABATA, HIIT, Zumba, etc.

Offered in grade: 9, 10, 11, 12