

# Fitness

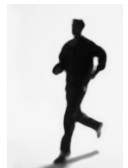
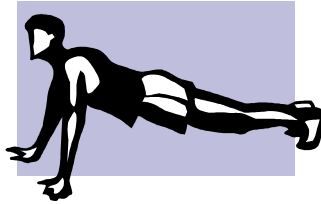
Cathedral School

Mrs. Darcy Moen



**fit·ness** *n.*

1. The state or condition of being fit; suitability or appropriateness.
2. Good health or physical condition, especially as the result of exercise and proper nutrition.



## Fitness

In the Fitness Exploratory Class students will participate in fitness activities such as walking, using pedometers to track their steps, ZUMBA, aerobics, jump roping activities, hula hooping, circuit training, and stretching.

The class will meet twice a week in the quarter it is offered.

There will be many activities that will help you individually become stronger and more physically fit.

