

Body Shaping and Toning * JHS

Course Description

This class will meet your physical, emotional and social needs to be a healthier you! Group fitness will consist of circuit training, strength bands, weight room workouts, cardio-kickboxing, jogging, dance, core strength workouts, pilates, yoga and much more. We will also include conversations on: building a better self esteem, social media, nutrition, stress management, and how fitness can give you confidence to be a better you!

Standards

Essential Standards

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| 1. | The physically literate individual exhibits responsible personal and social behavior that respects self and others. |
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