



2020-2021 Triangle Fitness

FALL 2020-2021 TRIANGLE FITNESS DESCRIPTIONS

Triangle Fitness tracks meet Monday-Thursday from 4-5 p.m., with an advanced track from 5-6 p.m. Meeting days for specific tracks will be provided after students have all signed up to allow for planning that adheres to the school's health and safety protocols.

FITNESS & FUN: Fitness & Fun will focus on learning the proper form and other fundamentals of a well-rounded fitness routine. For those who play a sport during other seasons, there will be some sports-specific training to help you prepare for the upcoming season. For those who are new to fitness, we will create a fun routine to get you moving and enjoying exercise. Instructor: Coach Johnson.

SWIMMING: This Triangle Fitness track will take participants to the pool for a focus on swimming technique, endurance, and race skills. We will work on developing all strokes through traditional swim practice and engage in other water activities (i.e. water aerobics, cross-pool, water polo, etc.). Instructor: Coach Reddy.

YOGA: Designed to inspire participants to move and develop their best self, this track focuses on Pilates and Mbala practices to help students center as they develop fitness, flexibility, and focus. Instructor: Blackbox Dance Theatre Company members.

MINDFUL ME GROUP: This group will focus on self-compassion and specifically aims to improve insight, calming tools, listening and empathy skills, and self-love. Instructors: Groups facilitated by Saint Mary's school counselors: Tuesdays, 4-5 p.m. (Aisha Burton facilitator) and Wednesdays, 4-5 p.m. (Meredith Ball facilitator).