

# WALKING AND WELLNESS



Do you enjoy going for walks outside? Do you like to explore different ways to exercise and reduce stress? Walking and Wellness is for you!

# WEIGHT TRAINING 1



Build your strength with workouts in the weight room.

# WEIGHT TRAINING 2



Have you taken Weight Training and want MORE???

Weight Training 2 will focus on advanced training techniques and fitness.

# RACKET AND NET SPORTS



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Want to play tennis, badminton, ping pong and more?  
Racket and Net Sports is for you!

# LIFETIME WELLNESS



Like to work out with fitness classes like you'd find in a health club?

Lifetime Fitness may be the PE class for you!!!



# RECREATIONAL SPORTS



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Like to play Bocce ball? Tennis? Archery?  
Recreational sports is for you!!!

# TEAM SPORTS



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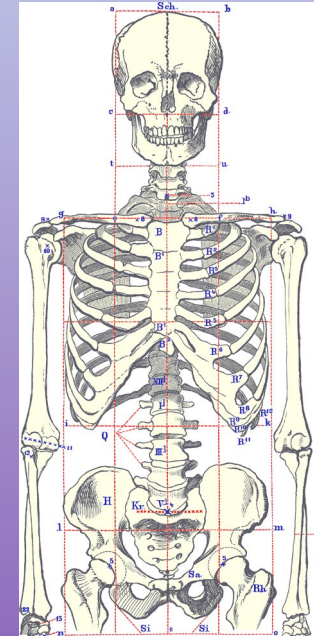
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Are you competitive? Do you like to play football,  
soccer, basketball, ultimate frisbee?  
Team sports is for you!!!

# ATHLETIC TRAINING



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Want to learn about sports injury and prevention?  
Athletic Training may be the PE class for you!!!



# PARTNER PE



Do you like helping others? Partner PE is for you!!  
Help partners be successful at PE.