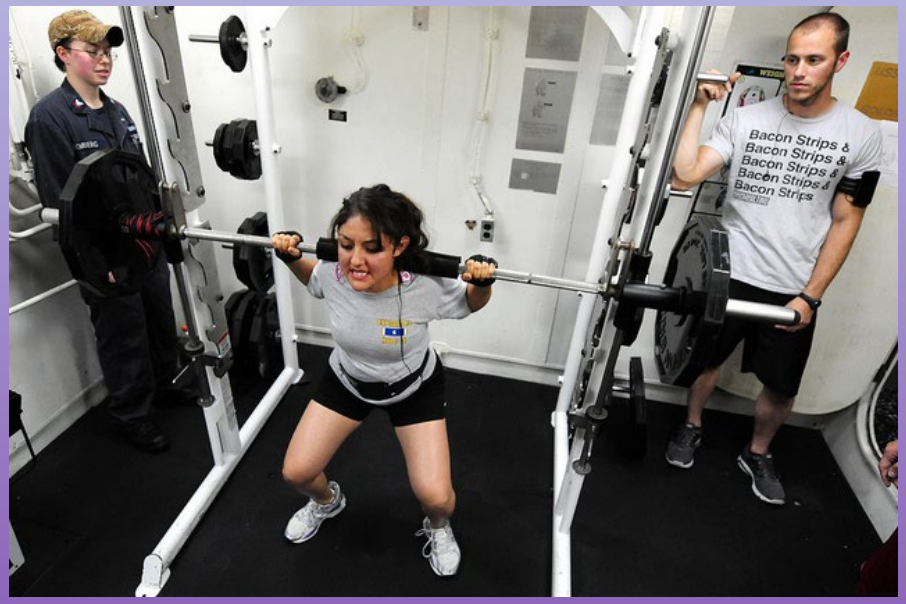
Walking and Wellness



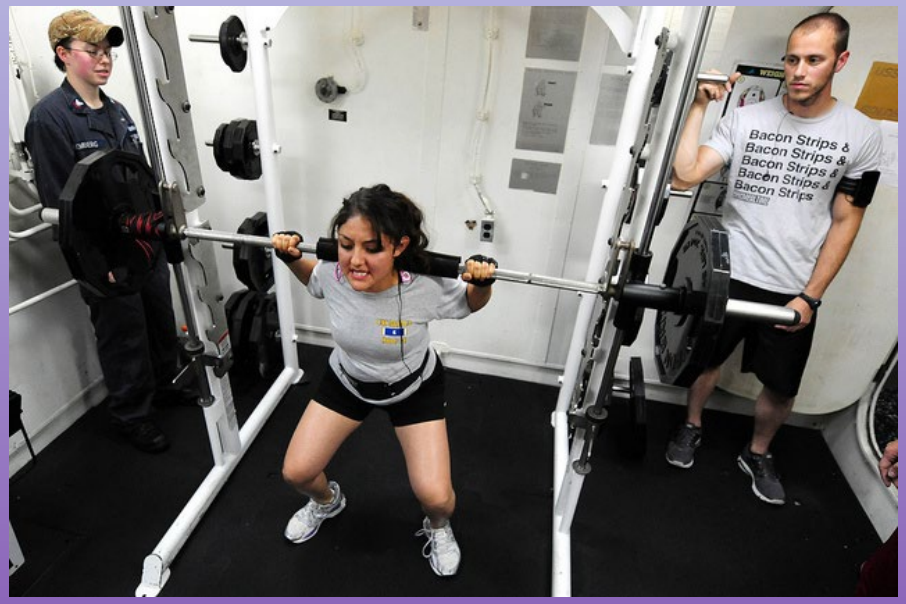
Do you enjoy going for walks outside? Do you like to explore different ways to exercise and reduce stress? Walking and Wellness is for you!

STRENGTH TRAINING 1



Build your strength with workouts in the weight room.

STRENGTH 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!

RECREATIONAL SPORTS





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Like to play Bocce ball? Tennis? Golf? Archery?

Recreational sports is for you!!!

TEAM SPORTS



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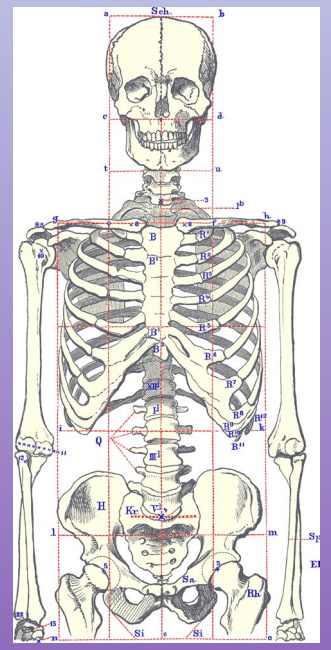
Are you competitive? Do you like to play football, soccer, basketball, ultimate frisbee?

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 other students improve their coordination, balance, throwing, catching, and much more.