

# Summer Lifetime Fitness

\*\*\*Please bring completed registration form and sign up on the first day of attendance at the site you plan to attend.

COURSE: **0040 Lifetime Fitness for You** Grades 7 – 12 Enrichment  
**OPEN TO ALL APPLETON STUDENTS IN GRADES 7-12 ONLY**

DATES **East High School**  
 June 10-13, 17-20, 24-27  
 July 1-3, 8-11, 15-18, 22-25, 29-31  
 Time: 6:30-11:00am and 3:30-4:45 pm

& SITES: **West High School**  
 June 10<sup>th</sup> - July 25<sup>th</sup>, Monday through Thursday, no class July 4<sup>th</sup>.  
 2019 SUMMER WORKOUT GROUPS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BOYS Grade 10-12 #1	6:00-8:00 AM	6:00-8:00 AM	6:00-8:00 AM	6:00-8:00 AM
GIRLS grade 10-12	8:00-9:30 AM	8:00-9:30 AM	8:00-9:30 AM	8:00-9:30 AM
BOYS grade 10-12 group #2	9:30-11:00 AM	9:30-11:00 AM	9:30-11:00 AM	9:30-11:00 AM
ALL 9th and Middle School	11:00-12:00 PM	11:00-12:00 PM	11:00-12:00 PM	11:00-12:00 PM

## North High School

June 10<sup>th</sup> - July 25<sup>th</sup>, Monday through Thursday, no class July 4<sup>th</sup>.

Weight Room Schedule					Starts Monday, June 10 <sup>th</sup> ; Ends Thurs, July 25 <sup>th</sup> ;  No NASSA: July 4 <sup>th</sup>	NASSA				
	Monday	Tuesday	Wednesday	Thursday			Monday	Tuesday	Wednesday	Thursday
10-12th Boys	6:45-8:25	6:45-8:25	10:30 - 12:00	8:30-9:45		10-12 Grd Boys	8:30-9:30	-----	-----	7:30-8:30
HS Girls	8:30-9:30	9:15-10:30	-----	7:00-8:25		HS Girls	7:30-8:30	-----	-----	8:30-9:30
9th Boys	9:30-10:30	8:15-9:25	10:30 - 12:00	9:30-10:30		Frosh Boys	8:30-9:30	-----	-----	7:30-8:30
Middle School	10:30-11:30	-----	-----	10:30-11:30		Middle School	-----	8:30-9:30	8:30-9:30	-----

  

Weight Room and NASSA Start Times									
	Monday		Tuesday		Wednesday		Thursday		
Group	Weight Room	NASSA	Weight Room	NASSA	Weight Room	NASSA	Weight Room	NASSA	
10-12th Boys	6:45 AM	8:30 AM	6:45 AM	-----	10:30 AM	-----	8:30 AM	7:30 AM	<b>7:30 AM</b>
9th Boys	9:30 AM	8:30 AM	8:15 AM	-----	10:30 AM	-----	9:30 AM	7:30 AM	<b>7:30 AM</b>
HS Girls	8:30 AM	7:30 AM	9:15 AM	-----	-----	-----	7:00 AM	8:30 AM	
Middle School	10:30 AM	-----	-----	8:30 AM	-----	8:30 AM	10:30 AM	-----	

CONTENT: Do you want to increase or tone muscle, lose weight or learn proper eating habits for a healthy lifestyle? This class will provide you with the knowledge to live a healthy lifestyle through cardiovascular conditioning, strength training and nutritional diet. This class will teach proper techniques with emphasis on improved cardiovascular conditioning, body toning and a better understanding of physical fitness and wellness. Workout and diet plans can be individualized for each student. Students can set personal goals and track their progress with the help of the instructors. This class is for the beginner, intermediate or advanced male or female student. Sign up on the first day of attendance at the site you plan to attend.

FEE: None.

