

**LIFE FITNESS TEST OUT CLASS 2017-18
ALTA H.S.- MRS. REES**

Registration:

- Register with your counselor
- \$35 fee is paid in the main office

Classes held:

1. June 7,8,9,10 (2017)
2. September 7,14,21,28
3. November 2,9,16,22 *Tuesday
4. January 3, 10,17,24
4. March 7, 14, 21, 28
6. May 2, 9, 16, 23

***Summer class will be meeting in room #1303 from 9:05 -9:40 a.m. except on Wed. This class should last about 1-1 ½ hours.**

We need a minimum of 10 students to run each summer class.

Requirements:

DAY 1: Meet in room #1303 (except summer) at 2:35 for information and vocabulary.

DAY 2: Take written test and turn in a 3-day exercise & food diary. (Summer sessions can turn in their food diary on day 4)

DAY 3: Take the physical test: Run 1.5 miles, sit-ups, flexibility, & shoulder strength.

DAY 4: Make-up day for any previous days missed.

This is a Pass/NG class. A student may not miss any portion of the class to receive credit. If the written test, 3-day exercise and food diary, or physical tests are not successfully completed by the make-up day, the student must repeat the entire testing process (including the registration fee) when the class is offered again.