

FACULTY WELLNESS DAY #3
AVAILABLE ACTIVITY AREAS

HIGH SCHOOL

Gymnasium #1
Gymnasium #2
Weight room
Cardio/trainers room
Blackbox theater
Library
Turf field
Tennis courts
Media center
Auditorium
Consumer science room
Room 29
Band room
Main lobby

SESSION 1

Volleyball
Volleyball
Strength training
Massage therapy
Kickboxing
Tai chi/yoga
Soccer

Basic first aid
Parenting
Nutritional cooking
Zen meditation

Fitness walking

SESSION 2

Badminton
Badminton
Core training
Massage therapy
Swing dance
Yoga/breathing & props
Ultimate Frisbee
Tennis
Nutrition

Whole wheat bread-baking
Qigong and meditation
Wellness through acoustic music
Fitness walking

MIDDLE SCHOOL

Gymnasium #1
Gymnasium #2
Wrestling room
Theater/dance room
Cafeteria
Pool
Library

Floor hockey
Floor hockey
Golf
African dance
Beginner stretching
Lap swimming/stroke clinic
Nia

Basketball
Team handball
Beginner weight training
Folk dance
Post-natal toning and cardio
Water aerobics