

## **Dexter Alternative High School Fitness Class**

Dexter Wellness Center and Dexter Alternative High School will work together to provide a fitness program for 8-12 Junior and Senior Alternative High School students within the district for the 2017-2018 school year. The Dexter Wellness Center will provide programming two times per week on Tuesday and Thursday afternoons for one-hour. The objective is to provide students access to fitness and wellness programming that might not otherwise have access to such programming and to improve their health so they will have better outcomes at school. The Dexter Schools is making this program a requirement for the students.

Students will participate in cardio, weight strength training, basketball, Pickleball, cycling, yoga, and a variety of other fitness programming. Types of programming will be dependent on the number of students and vary each week to keep the interest of the students.

Budget for the 2017-2018 school year is \$1800.