| Day       | Location: Aux Gym | Objective: Students will evaluate individual growth through fitness testing. | Activities: 1. Roll call  
            2. Warm-up  
            3. Fitness Testing  
            4. Sell uniforms | Materials: roll sheet, uniforms |
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<tr>
<td>Monday</td>
<td>Location: Aux Gym</td>
<td>Follow Up/HW: Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior)</td>
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| Tuesday   | Location: Aux Gym | Objective: Students will actively participate in cardiovascular endurance activities. | Activities: 1. Roll call  
            2. Warm-up  
            3. Circuit Training  
            4. Group Activity  
            5. Sell uniforms | Materials: roll sheet, uniforms |
| Wednesday/Thursday | Location: Aux Gym | Follow Up/HW: Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior) |                                                    |                                |
| Friday    | Location: Aux Gym | Objective: Students will actively participate in aerobic activities. | Activities: 1. Roll call  
            2. Warm-up  
            3. History and significance of pilates  
            4. Pilates Routine  
            5. Sell uniforms | Materials: roll sheet, uniforms, music |
|           |                   | Follow Up/HW: Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior) |                                                    |                                |