



Quarter 2, 2017 Week 3 Summary

We began finalizing students' fitness goals this week. I met 1:1 with most of the students to assist them in identifying a specific goal and supporting strategies to attain their goal. We also reviewed their steps/activity calendars. I will meet with the remaining students next week to finalize their goals. While I met 1:1 with students, one of the CC students led the class in a fitness bingo activity.

The second half of our class was held in the campus dance studio for the yoga class. The class was taught by a CC student who is a certified yoga instructor. The students participated in a variety of poses for stretching, strengthening and breathing. The final portion of the class provided an opportunity for the students to learn breathing and poses for relaxation.

Next week we will continue our fitness activities incorporating nutrition into the equation for a healthy body inside and out.

**** IMPORTANT UPDATE ****

I was informed today by CC staff, an error had been made when they developed the calendar for our classroom use on the CC Campus. On **Wednesday November 22nd** (in two weeks) the CC campus will be closed for the Thanksgiving holiday. As an alternate meeting location, I have reserved a gymnasium at the Downtown YMCA ([207 North Nevada Ave.](http://www.ywca.org/locations/207-north-nevada-ave)) for this date only. We will meet at the front desk of the YMCA before and after the class for student drop off and pick-up. Please ensure students are dressed comfortably for physical activities. Each student will need to bring a photo I.D. to enter as my guest unless they have a YMCA membership card to present.

A few photos before and during Yoga class:

