

Pitch: Need to make-up attendance during Saturday University? Want to get in shape while you do it? Or are you just looking for some fun people to work-out with? Join Mr. Young at Saturday University for his Weekend Warrior class.

The class: The purpose is to get together a group of students that are interested in having fun while pushing their mind and body to the limit. The morning will consist of:

- 1) Warm-up
- 2) 1-mile+ easy jog
- 3) Strength Training—you will learn and be coached through a variety of lifts; each Saturday focusing on a specific muscle-group
- 4) HIIT Workout (High Intensity Interval Training)—the shortest but hardest part of the day. This will be a short workout (5-30 minutes) that incorporates a variety of exercises (weights/bodyweight/plyometrics/aerobics) into a single workout.
- 5) Recovery—light stretching, snack, and post-workout activities in Mr. Young's room.

Requirements: Must be appropriately dressed! Workout clothes, and closed-toe-shoes ARE MANDATORY.

Who Should Participate: any student that is interested in working out in a fun and supportive environment.

****DISCLAIMER****This is not "Open PE Time." Participants will be expected to engage in the day's activities. Workouts can be modified and scaled to accommodate all types of students. If you are wanting to work out, sweat a lot, and have fun with other like-minded students, you can participate!

Things to bring: Water, fuel/snacks (you will be able to purchase lunch during the break), a positive attitude