



Tutor: Crystal Henry

Class Name: Faith-Inspired Transformation (F.I.T.) – Girls (This is a semester class)

Grade levels: 7-12

Class Description: Faith-Inspired Transformation (F.I.T.) for middle and high school girls. A faith-based fitness and wellbeing class that focuses on spirit, soul, and body. Each class will incorporate devotional time, age-appropriate discussion on healthy habits for the female body, and a functional fitness segment designed to build strength and confidence.

Prerequisites: Students should be mature enough to engage respectfully in age-appropriate conversations that may include topics related to body image and health.

Textbook/Author/Publisher: Devotional provided by the tutor.

Supplies required: Journal or Notebook with something to write with. Comfortable clothing to move around for functional fitness segment.

Materials/lab fee: \$25 for one semester class

Step Up: YES