

SFA Training Club – E7 Fitness

Program highlights:

- The program will have 3 trainers who will monitor each session, each session will be for 45 mins. Training sessions will be held 3 times in a week.
- Focus will be on the fundamentals of fitness and the all the round development of students.
- Each session will be divided into 3 segments:
 - Cardio segment
 - Strength segment
 - Fun game (with focus on 1 of the 7 Essential Elements of Fitness)
- A Fitness assessment will be conducted at the end of the month and report shared with the parents