

Health & Fitness (All ages)

Teacher: Deniese Exner

Class Size: 12-25

Tuition: \$150/year

Material fee: \$15/year

Materials: Athletic wear -

In-Class Instruction: 55 min/wk

Modesty will be a requirement for all students.

Join us for an hour of fitness, sports and games! Students will acquire skills in several sports and will enjoy practicing those skills through various drills and activities. The focus will be on having fun while exercising and increasing students' knowledge of fitness and healthy lifestyle habits. This class will also take a fun fitness challenge.

Deniese Exner (P.E. & Health & Fitness K-12th)

Deniese is a fun and energetic p.e. teacher! She has been married to her husband, Mark, for over 20 years, and they have four children, ages 14 to 20. Deniese is a retired E.M.T. and is currently a personal trainer. She spends her time working at their family-owned medical supply business and running her busy family! In the past, she helped lead the p.e. class for homeschoolers at SportsMed, so working with the HSU students has been a lot of fun! Deniese is currently continuing her education in kids' physical fitness and looking forward to another great year at HSU!