

Exercise Makeup Work Option

In order to earn back points from missed classes or events you may attend a 45min-1-hour exercise class of your choice. Make sure to wear a PHS shirt. Examples; cycling class, kickboxing, Yoga, Zumba, boot camp, CrossFit, aerobics, etc. JV/Freshman this could also be Monday Varsity weights. If you are questioning if something will count ask coach first.

Brief description of the class: _____

How long was the class? What was your favorite part? _____

Date of class: _____

Location of class: _____

Signature of class coach:

Send a photo from the event, in your Perry shirt, to Coach 😊