

Name:

Exercise Tasting

Directions: In the gym there are 7 Stations set up, each one with a different form of exercise. You will get to complete about 7 minutes of exercise at each station, before moving to the next one. After each station, you will complete the questions listed below. We will have a break after 3 stations, and again after 6 stations. At the end, you will get to choose one station to spend the remaining part of class at.

Station 1: Yoga

1. List three benefits of this form of exercise.
2. Rate this exercise on a scale of 1-5, 5 being great, 1 being horrible. Explain your rating choice.
3. Would you choose to do this exercise on your own? Why or why not?

Station 2: Weights

1. List three benefits of this form of exercise.
2. Rate this exercise on a scale of 1-5, 5 being great, 1 being horrible. Explain your rating choice.
3. Would you choose to do this exercise on your own? Why or why not?

Name:

Station 3: Kickboxing

1. List three benefits of this form of exercise.
2. Rate this exercise on a scale of 1-5, 5 being great, 1 being horrible. Explain your rating choice.
3. Would you choose to this exercise on your own? Why or why not?

Station 4: Pilates

1. List three benefits of this form of exercise.
2. Rate this exercise on a scale of 1-5, 5 being great, 1 being horrible. Explain your rating choice.
3. Would you choose to this exercise on your own? Why or why not?

Station 5: Cardio

1. List three benefits of this form of exercise.
2. Rate this exercise on a scale of 1-5, 5 being great, 1 being horrible. Explain your rating choice.

Name:

3. Would you choose to do this exercise on your own? Why or why not?

Station 6: Meditation

1. List three benefits of this form of exercise.
2. Rate this exercise on a scale of 1-5, 5 being great, 1 being horrible. Explain your rating choice.
3. Would you choose to do this exercise on your own? Why or why not?

Station 7: Walking

1. List three benefits of this form of exercise.
2. Rate this exercise on a scale of 1-5, 5 being great, 1 being horrible. Explain your rating choice.
3. Would you choose to do this exercise on your own? Why or why not?

Follow Up Questions:

1. Which exercise was your favorite and why?

