

## PAR COURSES

Equipment needed: none

Location: Outdoors: existing par course

1. Physical Fitness Leader (PTL) conducts warm up exercises with entire group.
2. All members complete the existing par-course.
3. Members are permitted to complete stations at own speed and faster members will continue to repeat stations until all members have completed the course at least once or a certain time has elapsed.
4. Physical Fitness Leader conducts cool down exercises and stretches with entire group.