



# KILO AFTER SCHOOL ACTIVITIES

Clubs/Activities M/T/TH/F, 2:35-3:35pm

Participants Must Email Ahead to Sign Up

## Mondays

**Anime Club** Sign up with [cvolatil@fwps.org](mailto:cvolatil@fwps.org)

Club link

- Watch and discuss anime
- Draw and share your own manga illustrations

## **Fitness-HIT/Plyometrics**

**Training** Sign up with [sruppel@fwps.org](mailto:sruppel@fwps.org)

Club link

- HIT improves cardiovascular endurance and Plyometrics (Jump Training) improves explosiveness and strength

## Tuesdays

**Art Club** Sign up with [sreid@fwps.org](mailto:sreid@fwps.org)

Club link

- New topic every week
- Share your art and see others

**Band Club** Sign up with [rmostov@fwps.org](mailto:rmostov@fwps.org) or [lkexel@fwps.org](mailto:lkexel@fwps.org) [Link](#)

- Receive help with your instrument, play music, and enjoy musical activities with others

**Cougar Study Club** No pre-sign ups

Club link

- Drop-in for homework Help, support, make-up and test retakes
- Must follow all zoom safety rules

## **Fitness-Peloton/Strength**

**Training** Sign up with [bcameron@fwps.org](mailto:bcameron@fwps.org)

Club link

- Students will engage in various workouts that will help strengthen upper body, lower body and core

**Writer's Guild** Sign up with

[jbort@fwps.org](mailto:jbort@fwps.org)

Club link

- November is National Novel Writing Month! Come write a whole book in one gleeful 30-day writing spree!
- Monday, Tuesday, and Wednesday in October. And M/T/W/Th in November

## Thursdays

**Cougar Study Club** No pre-sign ups

Club link

- Drop-in for HW Help, support, make-up and retakes
- Must follow all zoom safety rules

## **GSA (Gay-Straight**

**Alliance)** Sign up with [cvolatil@fwps.org](mailto:cvolatil@fwps.org)

Club link

- Discuss issues relevant to the LGBT+ community
- Awareness and acceptance projects for Kilo

**Fitness -Yoga** Sign up w/ [jhove@fwps.org](mailto:jhove@fwps.org)

Club link

- Stay in shape: workouts include strength, conditioning, yoga, and sport-specific training

## Fridays

**AP (Asian Pacific Islander)**

Sign up with [tramos@fwps.org](mailto:tramos@fwps.org)

Club link

- An opportunity to build community and learn more about Asian and Pacific Islander culture

**BSU (Black Student Union)**

Sign up with [swatson@fwps.org](mailto:swatson@fwps.org)

Club link

- Learn Black history and leadership
- Celebrate Black culture

**Fitness- Cardiovascular**

**endurance/Running/Interval**

**Training** Sign up with [jkrueger@fwps.org](mailto:jkrueger@fwps.org)

Club link

- Train for your sport of choice with a variety of aerobic and anaerobic workouts designed to improve your cardiovascular endurance

**LSU (Latinx Student Union)**

Sign up with [sruppel@fwps.org](mailto:sruppel@fwps.org)

Club link

- Explore, celebrate and educate ourselves and our community about Latinx culture
- Plan celebrations related to Latinx culture