



2025 FITNESS PROGRAM PILOT PLAN

Community Need Underserved girls often lack access to safe, affordable, and engaging physical activity opportunities. Without structured fitness experiences, many miss out on the physical, mental, and emotional benefits that regular exercise provides, including reduced stress, improved confidence, and better academic performance.

Program Goal To promote physical wellness, body positivity, and self-confidence among underserved girls through fun, accessible, and empowering group fitness experiences.

Program Structure

- *Program duration:* 10 months (August 2025 – May 2026)
- *Frequency:* Fitness sessions held every 3rd month, rotating with other programs.
- *Event Types:* Yoga, strength training, dance fitness, pilates, and sports-based activities
- *Session design:* Dynamic, inclusive sessions are designed to foster a love for movement while emphasizing perseverance, teamwork, and self-care.

Sample Timeline

AUGUST	NOVEMBER	FEBRUARY
Yoga & Mindfulness	Mat Pilates	Sports-based Fitness Challenge

Evaluation and Improvement

- Pre-/Post-program surveys measuring physical activity engagement and confidence
- Participant feedback forms after each fitness session
- Mentor observations during events

Target Metrics

- Reach 25-50 girls during the pilot year
- 3x increase in weekly physical activity engagement among participants
- 90% participant satisfaction rate for fitness sessions