

Camp Fit

PREPARE THE TROOPS...THE BATTLE FOR FIT KIDS IS ABOUT TO BEGIN! ENLIST YOUR SOLDIER TODAY!

You won't want to miss this! Our action-packed fitness camp is sure to get the troops in shape! Each session - led by **CERTIFIED** fitness instructors - involves continuous, vigorous activity that incorporates endurance, strength, flexibility and motor skill development - and of course FUN!

TRAINING CAMP DAYS INCLUDE:

**H OBSTACLE COURSES, RELAY RACES, CARDIOVASCULAR TRAINING,
SPORTS SKILLS DRILLS, MUSCULAR STRENGTH & ENDURANCE
TRAINING, SPEED & AGILITY DRILLS &
H TEAM BUILDING EXERCISES**