This camp is for kids who need to lose weight or just want to have fun working out and staying in shape.

Our goal is to introduce youth to proper fitness & nutrition and to decrease the obesity and diabetes rate among youth. The club will include: fitness/nutrition training, recreation/sports activities and field trips.

This is a fun, effective and informative way for your child to get into shape and learn positive health habits.

During the program, the campers will participate in sports such as: Basketball, Soccer & Martial Arts. They will also be introduced to group fitness games such as: Pro Dodge Ball, Boomerang and Capture the Flag. The campers will learn various exercises that will increase their endurance, flexibility and strength.

PAYMENT PLANS AVAILABLE

We will monitor the weight/fitness of our students and they will be rewarded for reaching their goals throughout the program.

There will be a family/child psychologist and nutritionist available to help the whole family develop healthy eating and exercise habits that lead to long lives. They will also assist the youth in setting and achieving their weight and lifestyle goals.

JOIN THE FUN
July 1 - July 25
July 29 - August 30

85% WEIGHT LOSS SUCCESS RATE!

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