



# FIT & FUN CAMPS

presented by  
**JUST FITNESS FOR KIDS, LLC**

Our “Fit & Fun Camps” are designed for all levels of fitness and encourage each participant to engage in positive lifestyle behaviors. Combining just the right amount of fitness with a whole bunch of FUN will ensure that your child has a week of experience that will last a lifetime!

**ALL FOR ONLY \$189/WEEK**  
 (includes early drop off / late pick up)

## Ages 7 - 13

### SAMPLE WEEKLY SCHEDULE

- 7:30-9:00 Early drop off (free exercise time, educational activities, movie time)
- 9:00-10:00 Morning stretch, heart friendly exercise
- 10:00-12:00 Daily Field Trips (House of Bounce, Bowling, Swimming, & More Local Trips)
- 12:00-1:00 Brown Bag Lunch (JF4K provide fresh fruit daily, SUBWAY Fridays!)
- 1:00-3:00 “Burn & Learn” - Activity based programming filled w/ healthy habit activities
- 3:00-5:00 Late pick up (extra exercise class or movie time w/ snacks)

**JUST FITNESS members pay only \$169!!**  
 {family members receive \$20 off weekly registration; no registration fee required for addt'l children}



<u>CAMP SCHEDULE</u>		
<u>JUNE</u>	<u>JULY</u>	<u>AUGUST</u>
16th ~ 20th	7th ~ 11th	4th ~ 8th
23rd ~ 27th	14th ~ 18th	11th ~ 15th
	21st ~ 25th	18th ~ 22nd
	28th ~ 1st	25th ~ 29th

*1st week of camp must be paid in full and subsequent weeks are reserved with a \$25 non-refundable deposit.*



**Sign up before May 1st and your registration fee will be waived!**

**\$50 registration fee is required by all camp participants.**  
**Registration fee includes: JF4K T-Shirt, Wattle Bottle and Personalized Fitness Plan**

**CALL NOW TO SECURE YOUR CHILD’S SPOT!!**

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