



If you want your child to be the best athlete they can be...

Then you need to call us!

Just Fitness at 703-396-9444

Real Fitness/ Real Results

Total Sports Enhancement Program/Ages 8-15



Part I: Camp 9am – 1pm; June 26th thru 30th \$ 175.00

A. Sports Conditioning : Focused on core training, balance, agility, and speed.

B. Daily Seminars:

1. Proper nutrition for the competitive athlete
2. How to prevent sport's injuries
3. How to enhance performance through metabolic testing
4. How to train properly to maximize results

Part II: Summer conditioning program July 1st thru August 18th \$ 225.00

Monday- Wednesday-Friday 9:00AM or 7:00 PM

* Other class times available for groups of ten or more
(Bring your whole team.)

Our unique program utilizes functional circuit training which emphasizes strength, core stability, balance, and agility. This will increase your quickness, lateral mobility, and explosiveness.

Part III: Ending Camp 9:00am – 1:00 pm August 14th -August 17th \$ 175.00

A. Intensive conditioning camp to get you ready for the season.

Utilizes functional circuit training to strengthen the core, increase stability, improve balance and agility.

B. Seminar series

1. Maintaining strength during the season
2. How to prevent sports injuries
3. Healthy eating habits for the athlete
4. Yearly training cycles and proper rest

- Sign up for all three and receive a 10% discount

Just Fitness
8870 Rixlew Lane Ste. 203
Manassas, VA 20109

Real Fitness/ Real Results

703-396-9444
www. JustFitness4Kids.com
Next to Stonewall Jackson High School

Check out our website for more fitness programs throughout the year or drop by and see us!