

WELLNESS & FITNESS CAMP

SEPT 10 – NOVEMBER 10

SCHEDULE

INITIAL WEIGH-INS: Thursday, September 10, 6:00 –8:00pm

CLASSES: September 14 – November 8

- **WEEKLY CLASS TUESDAYS 6:30PM:** Outdoor Cardio Class
- **WEEKLY CLASS THURSDAYS 6:30PM:** Strength Class

SATURDAY CHALLENGES: October 3 and October 24

FINAL WEIGH-INS: November 8

CLOSING SOCIAL: Tuesday, November 10, 6:00pm

SERVICES INCLUDED

- **WEIGH-IN AND BODY FAT ANALYSIS**
- **TWO WEEKLY GROUP CLASSES**
- **TWO SATURDAY GROUP CHALLENGES**
- **NUTRITION WORKSHOP**
- **WELLNESS TRACKING**
- **COMMUNITY & ACCOUNTABILITY**
- **FITNESS & NUTRITION GUIDANCE**
- **PERSONAL TRAINING SESSION \$40 OPTIONAL ADD-ON**

\$130 MEMBERS | \$150 NON MEMBERS

REGISTER AT [CHPRSA.ACTIVITYREG.COM](https://chprsa.activityreg.com)



CAMP STAFF

KAYLEE



VERONICA



HOLLY



BONNIE



FOCUS • DISCIPLINE • ACCOUNTABILITY • RESULTS
QUESTIONS? EMAIL: BONNIE@CHPARKSANDRECUT.GOV