

JUNIOR BOOTCAMP 2010



Where Every Child FITS In & Fitness Is FUN!
It's Time To Get Your Kids Active, Healthy & Energy FIT

Camp Dates:

JUNE 14th - 18th **or** JULY 12th - 16th

Camp Time: 11:00am - 1:30pm

Camp Location:

Energy Fitness / Three Rivers Martial Arts
2343 New Holt Rd, Paducah KY

Camp Schedule:

11:00am: Three Rivers Martial Arts
Noon: Healthy Snack
12:30pm: Energy Fit Workout
1:30pm: Pick Up

Camp Week Fee: \$109

Fee Includes Week of Camp, Snack & Shirt

- Obstacle Courses
- Bootcamp Group Fitness
- Jiu-Jitsu
- Self Defense
- Hoops
- Kickball
- Tread Wall Climb
- Light Space Wall
- 3 Kick & Dodgeball
- So Much More

Play Hard. Train Hard.
It's All The Same Here!

*Junior Bootcamp Is Designed for
Children Ages 10-13 to Get Healthy & Fit!*

20 Max Kids Per Week
Call Today To Reserve A Spot
270.554.7222



2343 New Holt Rd, Paducah KY
www.energyfitnesspaducah.com / www.threeriversacademy.com