



ACTIVITY CONFIRMATION

<< Fit for life >>

Fit for Life Schedule

Monday - Thursday

AM Activity Session

Class: 11:00 - 12:30 pm

PM Activity Sessions

Rotation #1: 3:00 - 4:00 pm

Rotation #2: 4:10 - 5:10 pm

Friday

AM Activity Session

Class: 11:00 - 12:30 pm

PM Activity Sessions

Super Big Event: 3:10 - 5:00 pm

Fit for Life is a fitness class where your camper will learn simple exercises that improve cardio skills and high intensity intervals. Loose clothes and workout clothes are advised.