



SPORTS CONDITIONING **CAMP**

AGES 13 YRS TO 17 YRS
\$55 MEMBERS \$75 GUESTS

1:30 PM TO 2:30 PM
TUESDAYS AND THURSDAYS
JULY 10 - AUG. 2, 2018

LOCATION:
THE LIFESTYLE CENTER MULTI PURPOSE GYMNASIUM
AND
DROPZONE

STARTING JULY 10TH, THIS PROGRAM WILL INCREASE OVERALL STRENGTH AND CONDITIONING FOR THOSE LOOKING FOR THAT EXTRA EDGE IN THEIR WORKOUT PROGRAM. ATHLETIC MOVEMENTS AND EQUIPMENT WILL BE USED TO INCREASE STRENGTH, CONDITIONING, SPEED, AGILITY, AWARENESS AND STAMINA. DYNAMIC WARM UPS AND STRETCHING WILL BE INCORPORATED INTO THE WORKOUT. CIRCUIT TRAINING WILL BE THE PRIMARY FOCUS DURING THIS PROGRAM. EACH CLASS WILL END WITH A CORE WORKOUT TO IMPROVE FUNCTIONAL STABILITY AND BREATHING ABILITY.

SIGN UPS BEGIN JUNE 14, ONLY 15 SPOTS AVAILABLE FOR THIS PROGRAM. REGISTER IN THE CUSTOMER SERVICE OFFICE OR CALL 624-3408 WITH YOUR VISA OR MASTERCARD READY.

The *Lifestyle* Center
A division of Kaweah Delta Health Care District
www.thelifestylecenter.org

FOR MORE INFORMATION, PLEASE CONTACT ADAM GABEL IN THE ACTIVITIES DEPARTMENT AT 624-3417