

Boynton Beach Fitness Camp 2022

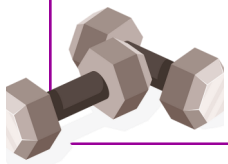
Week 1 Activity Calendar



Week Of: June 6th - June 10th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Intro to Fitness Camp/ NAME GAME • Anatomy Lesson • Swimming • Stretching • Journaling • Meditation • Treadmill Work • Stationary Bike Work 	<ul style="list-style-type: none"> • Sport Skills • Anatomy Lesson • Boot Camp • Stationary Bike Work • Stretching • Journaling • Fitness Game/ YOU & SOMEBODY 	<ul style="list-style-type: none"> • Upper Body/ Core Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Boxing 	<ul style="list-style-type: none"> • Lower Body Workout • Anatomy Lesson • Spinner Workout • Stationary Bike Work • Stretching • Journaling • Fitness Game/ MAN IN THE MIDDLE 	<ul style="list-style-type: none"> • Cardio Workout • Karate • Anatomy Lesson • Stretching • Journaling • Stationary Bike Work • Pound Fitness
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Change of Clothes 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch

***Please remember to LABEL all items with your child's first and last name**



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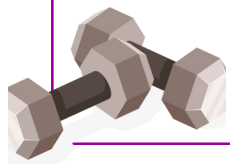
Week 2 Activity Calendar



Week Of: June 13th - June 17th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Lower Body Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Meditation • Treadmill Work • Stationary Bike Work 	<ul style="list-style-type: none"> • Sport Skills • Anatomy Lesson • Boot Camp • Stationary Bike Work • Stretching • Journaling • Sport Game 	<ul style="list-style-type: none"> • Upper Body/ Core Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Boxing 	<ul style="list-style-type: none"> • Coconut Cove Field Trip 	<ul style="list-style-type: none"> • Fitness Monopoly • Karate • Anatomy Lesson • Stretching • Journaling • Stationary Bike Work • Zumba
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Change of Clothes 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Bathing Suit • Towel • Water Bottle • Lunch • Cash (optional) 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch

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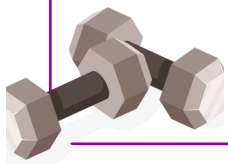
Week 3 Activity Calendar



Week Of: June 20th - June 24th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Lower Body Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Meditation • Treadmill Work • Stationary Bike Work 	<ul style="list-style-type: none"> • Sport Skills • Anatomy Lesson • Boot Camp • Stationary Bike Work • Stretching • Journaling • Sport Game 	<ul style="list-style-type: none"> • Upper Body/ Core Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Boxing 	<ul style="list-style-type: none"> • Bowlero 	<ul style="list-style-type: none"> • Fitness Shoots and Ladders • Karate • Anatomy Lesson • Stretching • Journaling • Stationary Bike Work • Pound Fitness
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Change of Clothes 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Water Bottle • Lunch • Cash (optional) 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch

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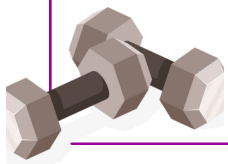
Week 4 Activity Calendar



Week Of: June 27th - June 30th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Lower Body Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Meditation • Treadmill Work • Stationary Bike Work 	<ul style="list-style-type: none"> • Sport Skills • Anatomy Lesson • Boot Camp • Stationary Bike Work • Stretching • Journaling • Sport Game 	<ul style="list-style-type: none"> • Upper Body/ Core Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Boxing 	<ul style="list-style-type: none"> • Bowlero 	<ul style="list-style-type: none"> • Fitness Battleship • Karate • Anatomy Lesson • Stretching • Journaling • Stationary Bike Work • Pound Fitness
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Change of Clothes 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Water Bottle • Lunch • Cash (optional) 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch

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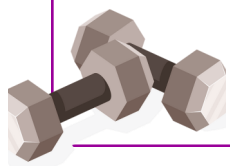
Week 5 Activity Calendar



Week Of: July 4th - July 8th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> No Camp 	<ul style="list-style-type: none"> Independence Day Workout Anatomy Lesson Boot Camp Stationary Bike Work Stretching Journaling Thankful Workout 	<ul style="list-style-type: none"> Thanksgiving Workout Anatomy Lesson Swimming Stretching Journaling Stationary Bike Work Boxing 	<ul style="list-style-type: none"> 12 Days of Fitmas Workout Anatomy Lesson Jacked Gingerbread Workout Stretching Journaling Stationary Bike Work Treadmill Work Meditation 	<ul style="list-style-type: none"> New Years Workout Karate Anatomy Lesson Stretching Journaling Stationary Bike Work Pound Fitness
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
	<ul style="list-style-type: none"> Closed Toed Shoes Morning Snack Water Bottle Lunch Change of Clothes 	<ul style="list-style-type: none"> Closed Toed Shoes Morning Snack Water Bottle Lunch Bathing Suit 	<ul style="list-style-type: none"> Closed Toed Shoes Morning Snack Water Bottle Lunch 	<ul style="list-style-type: none"> Closed Toed Shoes Morning Snack Water Bottle Lunch

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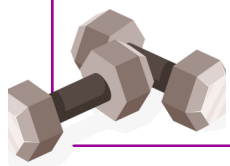
Week 6 Activity Calendar



Week Of: July 11th - July 15th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Lower Body Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Treadmill Work • Meditation 	<ul style="list-style-type: none"> • Sport Skills • Anatomy Lesson • Boot Camp • Stationary Bike Work • Stretching • Journaling • Cardio Workout 	<ul style="list-style-type: none"> • Upper Body/ Core Workout • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Boxing 	<ul style="list-style-type: none"> • Monster Mini Golf 	<ul style="list-style-type: none"> • Uno Flip Fitness • Karate • Anatomy Lesson • Stretching • Journaling • Stationary Bike Work • Pound Fitness
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Change of Clothes 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Water Bottle • Lunch • Cash (Optional) 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch

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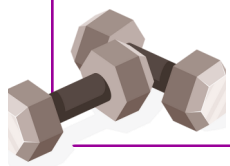
Week 7 Activity Calendar



Week Of: July 18th - July 22th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Exercise Relay • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Treadmill Work • Meditation 	<ul style="list-style-type: none"> • Sport Game • Anatomy Lesson • Boot Camp • Stationary Bike Work • Who can hold ___ the longest? • Stretching • Journaling 	<ul style="list-style-type: none"> • Monopoly Fitness • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Boxing 	<ul style="list-style-type: none"> • Adrenaline Trampoline Park 	<ul style="list-style-type: none"> • Hula Hoop • Tic-Tac-Toe • Karate • Anatomy Lesson • Stretching • Journaling • Stationary Bike Work • Pound Fitness
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Change of Clothes 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Water Bottle • Lunch • Cash (Optional) 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch

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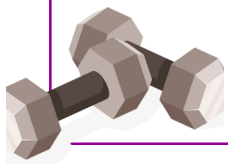
Week 8 Activity Calendar



Week Of: July 25th - July 29th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Exercise Relay • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Treadmill Work • Meditation 	<ul style="list-style-type: none"> • Sport Game • Anatomy Lesson • Boot Camp • Stationary Bike Work • Hula Hoop Relay • Stretching • Journaling 	<ul style="list-style-type: none"> • Tic Tac Go! • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Boxing 	<ul style="list-style-type: none"> • Bowlero 	<ul style="list-style-type: none"> • Capture The Flag • Karate • Anatomy Lesson • Stretching • Journaling • Stationary Bike Work • Pound Fitness
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Change of Clothes 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Water Bottle • Lunch • Cash (Optional) 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch

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Week 9 Activity Calendar



Week Of: August 1st— August 5th

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Exercise Relay • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Treadmill Work • Meditation 	<ul style="list-style-type: none"> • Sport Game • Anatomy Lesson • Boot Camp • Stationary Bike Work • Track and Field Relay • Stretching • Journaling 	<ul style="list-style-type: none"> • Obstacle Course • Anatomy Lesson • Swimming • Stretching • Journaling • Stationary Bike Work • Boxing 	<ul style="list-style-type: none"> • Trivia Relay Race • Outside Games • Stretching • Journaling • Stationary Bike Work • Inside Games 	<ul style="list-style-type: none"> • Winner `s Choice • Karate • Stretching • Journaling • Winner`s Choice • Stationary Bike Work • Pound Fitness
What to Bring:	What to Bring:	What to Bring:	What to Bring:	What to Bring:
<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Change of Clothes 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch • Bathing Suit • Towel 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch 	<ul style="list-style-type: none"> • Closed Toed Shoes • Morning Snack • Water Bottle • Lunch

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