



# Fitness Camp 2024 Camp Activities Age: 10-14



Week of June 3rd-June 7th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Pool</li> <li>• Stretching</li> <li>• Lunch</li> <li>• Yoga</li> <li>• Ninja Warrior Prep</li> <li>• Game</li> <li>• Ice Breakers</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Nutrition Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Indian Runs</li> <li>• Pool Workout</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Ninja Warrior Prep</li> <li>• Reflection</li> <li>• Game</li> <li>• Balance Activity</li> </ul>	<ul style="list-style-type: none"> <li>• <b>No field trip</b></li> <li>• Lunch</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Activity/Meditation</li> <li>• Game</li> <li>• Nutrition Game</li> <li>• Journal</li> <li>• Balance Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Field Warm up</li> <li>• Outdoor Game</li> <li>• HIIT Workout</li> <li>• Cardio</li> <li>• Lunch</li> <li>• Ninja Warrior Prep</li> <li>• Lesson</li> <li>• Intro to Muscles</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swimsuit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> <li>• \$ for Pizza Friday is Due!</li> </ul> <p>\$5 includes 2 Cheese slices, chips and water</p>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

\*Schedule and activities are subject to change.



# Fitness Camp 2024 Camp Schedule Ages: 10-14

Week of June 10th-14th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Intro to Wellness Center</li> <li>• Lunch</li> <li>• Pool workout</li> <li>• Stretching</li> <li>• Ninja Warrior Prep</li> <li>• Activity</li> <li>• Nutrition Game</li> <li>• Bones/Muscles facts</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Meditation</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Gaga Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Kickball</li> <li>• Water Balloon toss</li> <li>• Pool Workout</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Meditation</li> <li>• Nutrition Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Journaling</li> <li>• Fitness Uno Game</li> </ul>	<ul style="list-style-type: none"> <li>• Field Trip (Fun Depot)</li> <li>• Lunch</li> <li>• PT Room</li> <li>• Cardio Challenge</li> <li>• Stretching</li> <li>• Balance</li> <li>• Simon Says Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Balance training</li> <li>• Stretching</li> <li>• Cardio Work</li> <li>• Lunch</li> <li>• Ninja Warrior Prep</li> <li>• Lesson</li> <li>• Nutrition Activities</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swimsuit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

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# Fitness Camp 2024 Camp Schedule Ages: 10-14

Week of June 17th-21st



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Mile Run</li> <li>• Pool</li> <li>• Outdoor Game</li> <li>• HIIT Workout</li> <li>• Lunch</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Stretching</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Pool</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Yoga</li> <li>• Nutrition Lesson</li> <li>• Fitness Jenga</li> <li>• Ninja Warrior Prep</li> <li>• Reflection</li> <li>• Game</li> </ul>	<ul style="list-style-type: none"> <li>• Check in field trip prep</li> <li>• <b>Field trip (Lake Lytal Pool)</b></li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Cardio Challenge/Wellness Center</li> <li>• Nutrition Game</li> </ul>	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Cardio Work</li> <li>• Lunch</li> <li>• Ninja Warrior Prep</li> <li>• Lesson</li> <li>• Activities</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Sunscreen</li> <li>• Towel</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snacks</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

\*Schedule and activities are subject to change.



## Fitness Camp 2024 Camp Schedule Ages: 10-14

Week of June 24th-28th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Indian runs</li> <li>• Outdoor Game</li> <li>• HIIT Workout</li> <li>• Lunch</li> <li>• Karate</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Indian Runs</li> <li>• Pool Workout</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Reflection</li> <li>• Game</li> </ul>	<ul style="list-style-type: none"> <li>• Check in field trip prep</li> <li>• Field trip (Adrenaline)</li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Wellness Center</li> <li>• Ninja Warrior Prep</li> <li>• Nutrition Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm Up</li> <li>• Stretching</li> <li>• Cardio Work</li> <li>• Lunch</li> <li>• Ninja Warrior Prep</li> <li>• Lesson</li> <li>• Activities</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> <li>• \$ 5 for Pizza Friday is DUE</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

\*Schedule and activities are subject to change.



## Fitness Camp 2024 Camp Schedule Ages: 10-14

Week of July 1st-3rd



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Kick Ball</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Giant connect 4</li> <li>• Nutrition/Journal</li> <li>• Fitness Monopoly</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• HIIT Work Out</li> <li>• Foam Rolling</li> <li>• Obstacle course</li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Last Kid Standing Prep</li> <li>• Nutrition game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Indian Runs</li> <li>• Water Slides/Ballons</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Giant connect 4</li> <li>• Nutrition/Journal</li> <li>• Fitness Monopoly</li> </ul>	<ul style="list-style-type: none"> <li>• No Field Trip</li> <li>• No Camp</li> </ul> <p style="text-align: center;">Happy 4th of July</p>	<ul style="list-style-type: none"> <li>• No Camp</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• No Pool this week</li> <li>• Water Bottle</li> <li>• Snacks</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snacks</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snacks</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>		

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# Fitness Camp 2024 Camp Schedule Ages: 10-14



Week of July 8th-12th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Outdoor Game</li> <li>• HIIT Workout</li> <li>• Pool</li> <li>• Lunch</li> <li>• Karate</li> <li>• Lesson</li> <li>• Obstacle Courses</li> <li>• Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Lesson</li> <li>• Nutrition</li> <li>• Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Indian Runs</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Meditation</li> <li>• Lesson</li> <li>• Wellness Center</li> <li>• Reflection</li> <li>• Game</li> </ul>	<ul style="list-style-type: none"> <li>• Check in field trip prep</li> <li>• <b>Field trip (Coconut Cove)</b></li> <li>• Lunch</li> <li>• Lesson</li> <li>• Wellness Center</li> <li>• Nutrition Activity</li> <li>• Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Stretching</li> <li>• Cardio Work</li> <li>• Lunch</li> <li>• Last Kid Standing Prep</li> <li>• Nutrition Lesson</li> <li>• Nutrition game</li> <li>• Fitness Escape Room</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> <li>• Swimsuit</li> <li>• Towel</li> </ul> <p>\$5 for Pizza Friday is Due</p>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

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## Fitness Camp 2024 Camp Schedule Ages: 10-14

Week of July 15th-19th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Basket ball</li> <li>• Outdoor Game</li> <li>• Pool</li> <li>• HIIT Workout</li> <li>• Lunch</li> <li>• Ninja Warrior Prep</li> <li>• Water Balloons</li> <li>• Nutrition Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Meditation</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Fitness Monopoly</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Soccer</li> <li>• Pool</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Meditation</li> <li>• Nutrition Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Reflection</li> <li>• Giant Bowling Game</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Check in field trip prep</li> <li>• <b>Field trip (Bowling)</b></li> <li>• Lunch</li> <li>• Lesson</li> <li>• Ninja Warrior Prep</li> <li>• Wellness Center</li> <li>• Four square</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Stretching</li> <li>• Cardio Work</li> <li>• Lunch</li> <li>• Ninja Warrior Prep</li> <li>• Nutrition Lesson</li> <li>• Nutrition Game</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> <li>• \$5 for Pizza Friday is DUE TODAY!</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

\*Schedule and activities are subject to change.





# Fitness Camp 2024 Camp Schedule Ages: 10-14

Week of July 22nd-26th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Outdoor Game</li> <li>• Pool</li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Last Kid Standing Prep</li> <li>• Nutrition game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Journaling</li> <li>• Last Kid Standing Prep</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Indian Runs</li> <li>• Pool</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Nutrition game</li> <li>• Last Kid Standing Prep</li> </ul>	<ul style="list-style-type: none"> <li>• Check in field trip</li> <li>• Field trip (Movies)</li> <li>• Lunch</li> <li>• Last Kid Standing Prep</li> <li>• Stretching</li> <li>• Nutrition Activity</li> <li>• Obstacle course</li> </ul>	<ul style="list-style-type: none"> <li>• Warm Up</li> <li>• Stretching</li> <li>• Cardio Work</li> <li>• Lunch</li> <li>• Last Kid Standing Prep</li> <li>• Nutrition lesson and game</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> <li>• Swim suit</li> <li>• Towel</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> <li>• \$5 for Pizza Friday is Due today</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

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## Fitness Camp 2024 Camp Schedule Ages: 10-14



Week of July 29th– August 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Soccer</li> <li>• Outdoor Game</li> <li>• HIIT Workout</li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Fitness Escape Room</li> <li>• Basket Ball Game</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Nutrition Lesson</li> <li>• Yoga</li> <li>• Balance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Gaga Ball</li> <li>• Pool</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Journaling</li> <li>• Wellness Center</li> <li>• Nutrition Game</li> </ul>	<p style="text-align: center;"><b>No Field Trip</b></p> <ul style="list-style-type: none"> <li>• Warmup</li> <li>• Obstacle course</li> <li>• Kickball</li> <li>• Lunch</li> <li>• Carnival @ The Y</li> <li>• Giant bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Field workout</li> <li>• Stretching</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Water Balloons</li> <li>• Wellness Center</li> <li>• Bones/Muscles activity</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> <li>• Swim suit</li> <li>• Towel</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

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## Fitness Camp 2024 Camp Schedule Age: 10-14

Week of August 5th-9th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Indian runs</li> <li>• Outdoor Game</li> <li>• Pool</li> <li>• Lunch</li> <li>• Yoga</li> <li>• Balance</li> <li>• Nutrition/Anatomy</li> <li>• Basket Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Measurements</li> <li>• Core Work</li> <li>• Foam rolling</li> <li>• Kevin's boot camp</li> <li>• Lunch</li> <li>• Meditation</li> <li>• Nutrition Activity</li> <li>• Ninja Warrior Prep</li> <li>• Nutrition Quiz</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• HIIT Workout</li> <li>• Pool</li> <li>• Cardio Challenge</li> <li>• Lunch</li> <li>• Balance</li> <li>• Ninja Warrior Prep</li> <li>• Reflection</li> </ul>	<p style="text-align: center;"><b>No Field Trip</b></p> <ul style="list-style-type: none"> <li>• Warm up</li> <li>• Soccer</li> <li>• Water Balloons</li> <li>• Lunch</li> <li>• Ninja Warrior Prep</li> <li>• Activity/Meditation</li> <li>• Wellness Center</li> <li>• Cardio Challenge</li> </ul>	<p style="text-align: center;"><b>Last Day of Camp</b></p> <ul style="list-style-type: none"> <li>• Stretching</li> <li>• Cardio Work</li> <li>• Lunch</li> <li>• Obstacle Course</li> <li>• Wellness Center</li> <li>• Reflection/Survey</li> <li>• Award Ceremony</li> </ul>
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Swim suit</li> <li>• Towel</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Water bottle</li> <li>• Snack</li> <li>• Lunch</li> <li>• Sunscreen</li> </ul>

**\*Schedule and activities are subject to change.**