



Fitness Camp 2024 Camp Activities

Week of June 10th-14th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Octopus Tag • Pool • Stretching • Obstacle Course • Cardio Challenge • Rock-Paper Scissors • Baseball • Kick ball • Bones/Muscles facts 	<ul style="list-style-type: none"> • Capture the cone • Measurements • Core Workout • Foam rolling • Kevin's boot camp • Stretch • Timed Scavenger hunt • Gaga Ball 	<ul style="list-style-type: none"> • Warm Up • Relay Races • Water Balloon toss • Pool • Cardio Challenge • Fitness Uno Game • Balloon Volley ball • Agility ladder drills 	<ul style="list-style-type: none"> • Field Trip (Fun Depot) • Lunch • PT Room • Cardio Challenge • Stretching • Balance 	<ul style="list-style-type: none"> • Alligator in the swamp • Obstacle course • Balance training • Coach Says Fitness • Upper Body Workout
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> • Water bottle • 2 snacks • Lunch • Swimsuit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • 2 Snacks • Lunch • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • 2 Snacks • Lunch • Swim suit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • 2 Snacks • Lunch • Sunscreen • \$ for Pizza Friday due today! 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Sunscreen

*Schedule and activities are subject to change.



Fitness Camp 2024 Camp Schedule



Week of June 17th-21st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Warm up • Oodles of Noodles • Sponge Bucket Relay • Pool • Kickball/Soccer • Muscle Facts • Obstacle Course • Cardio Challenge 	<ul style="list-style-type: none"> • Warm up • Core Workout • Foam rolling • Kevin's boot camp • Stretching • Gaga Ball • Minute to Win It • Cross my ocean 	<ul style="list-style-type: none"> • Warm up • Crazy Ball • Pool • Cardio Challenge • Fitness Monopoly • Uno Fitness • Stretch 	<ul style="list-style-type: none"> • Check in field trip prep • Field trip (Lake Lytal Pool) • Capture the cone • Cardio Challenge • Relay Races 	<ul style="list-style-type: none"> • Stretching • Water Balloon Toss • 15 minute HIIT • Food label reading • Balance/Toss and catch games • Coach Says Fitness
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Swim suit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Swim suit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Swim suit • Sunscreen • Towel 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Sunscreen

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Fitness Camp 2024 Camp Schedule



Week of June 24th-28th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Warm up • Fruit Salad/Field game • HIIT Workout • Pool • Obstacle Course • Cardio Challenge 	<ul style="list-style-type: none"> • Warm up • Stretch • Core Workout • Foam rolling • Kevin's boot camp • Gaga Ball • Basket Ball 	<ul style="list-style-type: none"> • Warm up • Rob the nest • Pool • Cardio Challenge • Soccer • Kids Choice Relay Race • Fitness Monopoly 	<ul style="list-style-type: none"> • Check in field trip prep • Field trip (Adrenaline) • Bones/Fun Facts • Wellness Center • Connect Four Relay • Nutrition Game 	<ul style="list-style-type: none"> • Warm Up • Hoop Islands • Stretching • Cardio Work out/ • Tabata • Pep rally
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> • Water bottle • Swim Suit • Towel • Snacks • Lunch • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Swim suit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Sunscreen • \$ 5 for Pizza Friday is DUE! 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Sunscreen



Fitness Camp 2024 Camp Schedule



Week of July 1st-3rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Warm up • Water Balloon Toss • Tennis Ball Madness • Giant Chess Relay • Giant connect 4 • Create an ornament • The Right Family game 	<ul style="list-style-type: none"> • Warm-up • HIIT Work Out • Foam Rolling • Obstacle course • Muscle Fun Facts • Minute to Win it games • Nutrition Mad Libs 	<ul style="list-style-type: none"> • Warm up • Water Slides/ Balloons • 12 days of Fitmas Workout • Cardio Challenge • Nutrition Lesson • Giant connect 4 • Dance Fitness • Stack cup relay 	<ul style="list-style-type: none"> • No Field Trip • No Camp <p style="text-align: center;">Happy 4th of July</p>	<ul style="list-style-type: none"> • No Camp
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> • No Pool this week • Water Bottle • Snacks • Lunch • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Swim suit • Towel • Sunscreen 		

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Fitness Camp 2024 Camp Schedule



Week of July 8th-12th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Warm up • Freeze Tag • Cone Flip Fitness • Pool • Holiday Calories Count • Jingle Jog • Obstacle Courses 	<ul style="list-style-type: none"> • Warm up • Measurements • Core Work • Foam rolling • Kevin's boot camp • Stretch • Nutrition Mad Libs • Deck of Cards Workout 	<ul style="list-style-type: none"> • Warm up • Fitmas Scavenger Hunt • Cardio Challenge • Pool • Upper Body Workout • Stretch 	<ul style="list-style-type: none"> • Check in field trip prep • Field trip (Coconut Cove) • My Plate Food Scramble • Wellness Center 	<ul style="list-style-type: none"> • Warm up • Post It Tag • Stretching • Cardio Workout • Core Workout • Nutrition game • Fitness Escape Room
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Swim suit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Swim suit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Sunscreen • Swimsuit • Towel <p>\$5 for Pizza Friday is Due</p>	<ul style="list-style-type: none"> • Water bottle • Snacks • Lunch • Sunscreen

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Fitness Camp 2024 Camp Schedule Spirit Week

Week of July 15th-19th



MONDAY Princess & Superheroes	TUESDAY Krazy Hair Day	WEDNESDAY Krazy Socks Day	THURSDAY Disney Day	FRIDAY Team Color
<ul style="list-style-type: none"> • Warm up • Basket ball/Soccer • Pool • Fitness Bingo • 3 Cone Drill • Water Balloons • Nutrition Game 	<ul style="list-style-type: none"> • Warm up • Core Work • Foam rolling • Kevin’s boot camp • Ninja Warrior Prep • Fitness Monopoly 	<ul style="list-style-type: none"> • Warm up • Soccer • Pool • Cardio Challenge • Nutrition Lesson • Partner Mirror Challenge • Giant Bowling Game 	<ul style="list-style-type: none"> • Four Square • Check in field trip prep • Field trip (Bowling) • Lesson • Obstacle Course Challenge • Wellness Center 	<ul style="list-style-type: none"> • Warm up • Steal the Bacon • Stretching • Cardio Work • Dodge Ball • Muscle Facts • Nutrition Game
WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Swim suit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Swim suit • Towel • Sunscreen 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Sunscreen • \$5 for Pizza Friday is DUE TODAY! 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Sunscreen