



Fitness Camp 2025 Activity Calendar

Week of July 7th-11th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Warm up • Freeze Tag • Cone Flip Fitness • Pool • Musical Chairs • Mad Gab • Obstacle Course 	<ul style="list-style-type: none"> • Warm up • Core Work • Foam rolling • Kevin's boot camp • Stretch • Nutrition Mad Libs • Deck of Cards Workout 	<ul style="list-style-type: none"> • Warm up • New Camp Song • Cardio Challenge • Pool • Upper Body Workout • Stretch • Musical Chairs • DIY Maracas/Guitars/Tamborines 	<ul style="list-style-type: none"> • Check in field trip prep • Field trip (Peanut Island) • My Plate Food Scramble • Cardio • Make a song 	<ul style="list-style-type: none"> • Warm up • Post It Tag • Core Workout • Nutrition game • Talent Show
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

*Schedule and activities are subject to change.



Adventure Fitness Camp 2025

Spirit Week

Week of July 14th-18th



MONDAY Pajama Day	TUESDAY Crazy Hair Day	WEDNESDAY Crazy Socks Day	THURSDAY Super Hero 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 • Minute to Win It Games 	<ul style="list-style-type: none"> • Warm up • Soccer • Pool • Cardio Challenge • DIY Superhero Masks • Partner Mirror Challenge • Giant Bowling Game 	<ul style="list-style-type: none"> • Four Square • Field trip (Adrenaline) • Obstacle Course Challenge • DIY Super Hero Capes • 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



Fitness Camp 2025

Activity Calendar

Week of July 21st-25th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Warm up • Soccer/Kickball • Pool • Obstacle Course • Nutrition game • Team Building Challenges 	<ul style="list-style-type: none"> • Warm up • Core Work • Foam rolling • Kevin's boot camp • Last Kid Standing Prep • Team Flag 	<ul style="list-style-type: none"> • Warm up • Pool • Cardio Challenge • Lunch • Nutrition game • Last Kid Standing Prep • Team Banner 	<ul style="list-style-type: none"> • Field trip (Movies) • Stretching • Nutrition Activity • Obstacle course • DIY Bandanas 	<ul style="list-style-type: none"> • Warm Up • Stretching • Cardio Work • Last Kid Standing • Nutrition lesson and game • Color Wars Finally
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 • Sunscreen • Swim suit • Towel 	<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

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Fitness Camp 2025

Activity Calendar

Week of July 28th–August 1st



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Warm up • Soccer • HIIT Workout • Fitness Escape Room • Basket Ball Game or • Pickle Ball 	<ul style="list-style-type: none"> • Warm up • Core Work • Foam rolling • Kevin's boot camp • Balance • Pool Noodle Throw • Dodge Ball 	<ul style="list-style-type: none"> • Warm up • Gaga Ball • Pool • Cardio Challenge • Crab Soccer • Kids Choice Game 	<ul style="list-style-type: none"> • No Field Trip • Warmup • Obstacle course • Kickball • Crazy Games • Giant bowling 	<ul style="list-style-type: none"> • Warm up • Field workout • Stretching • Cardio Challenge • Water Balloons • Wellness Center • Bones/Muscles activity
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 • Sunscreen • Swim suit • Towel 	<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 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Sunscreen

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Fitness Camp 2025

Activity Calendar

Week of August 4th-8th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Warm up • Balance • Nutrition/Anatomy • Basket Ball • DIY Tiki Boxes • Make a LEI 	<ul style="list-style-type: none"> • Warm up • Measurements • Core Work • Foam rolling • Kevin's boot camp • Nutrition Quiz • LEI Obstacle Course 	<ul style="list-style-type: none"> • Warm up • HIIT Workout • Pool • Cardio Challenge • LEI Relay 	<ul style="list-style-type: none"> • No Field Trip • Warm up • Soccer • Water Balloons • Cardio Challenge • Obstacle Course 	<ul style="list-style-type: none"> • Last Day of Camp • Stretching • Cardio Work • Obstacle Course • Wellness Center • Reflection/Survey • Awards
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 	<ul style="list-style-type: none"> • Water bottle • Snack • Lunch • Sunscreen

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