

Summer Fitness Camp

@ CrossFitRBP

Between grades 4 and 10 (ages ~10-16)

- ❑ Learn and practice strength training, weightlifting, running, jumping, climbing and many other movements from the sport of CrossFit
- ❑ Build superior athleticism with 2-3 high intensity workouts a day, adjustable for all abilities
- ❑ Play a game in the gym or a nearby park
- ❑ Build good habits through fun nutrition & health challenges with fellow athletes and coaches
- ❑ Take an excursion to the beach, fellow gym, or activity center where our new fitness can be thoroughly enjoyed



For all kids between grades 4 and 10 who have a genuine interest in advancing their fitness. Everything we do can be “scaled” to every athlete’s capabilities. We will manage intensity for such high volume, but expect to work hard!

6/27 - 7/8	7/11 - 7/22	7/25 - 8/5
\$220	\$220	\$220
Any 2 sessions (4 weeks): \$390		
All 3 sessions (6 weeks): \$550		

**69 Norman St.
Everett, MA 02149**
Next door to SkyZone

P.S. Ask about the daily Olympic Weightlifting Clinic at 9:00 AM

- 10-12:30 Mon. thru Fri.
- Siblings discounts
- Add-on’s for optional field trips.

Attendance is strictly capped. We expect this to sell out quickly. [Reserve here.](#)