

Teen Fitness Camp

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
8:00-9:00am Gym Games	8:00-9:00am Gym Games	8:00-9:00am Gym Games	8:00-9:00am Gym Games	8:00-9:00am Gym Games
9:00-9:45am Foam Roller class on Stage	9:00-10:00am Wellness Educational class	9:15-10:30am Kickball at West Meadowbrook Park	9:00-10:00am Wellness Educational class	9:00-10:00am Foam Roller class on Stage
10:00-11:30am Swimming Outdoor Pool	10:00-11:30am Pickleball	10:30-11:00 Travel to GAFC	10:00-11:30pm Ultimate Frisbee at West Meadowbrook Park	10:00-11:30am Swimming Outdoor Pool
		11:00-11:45 Foam Roller class on Stage		
12:00-12:45pm Bag lunch on Stage Area	12:00-12:45pm Bag lunch on Stage Area	12:00-12:45pm Bag lunch on Stage Area	12:00-12:45pm Bag lunch on Stage Area	12:00-12:45pm Bag lunch on Stage Area
1:00-2:15pm Room A Exercise Class	1:00-2:15pm Room A Exercise Class	1:00-3:00 Bowling at AMF Pickup @ 3:20-3:30	1:00-2:15pm Room A Exercise Class	1:00-2:15pm Room A Exercise Class
2:15-3:30 Gym Games	2:15-3:30 Gym Games		2:15-3:30 Gym Games	2:15-3:30 Gym Games
Campers must wear sneakers every day and bring the following				
Bag lunch	Bag lunch	Bag lunch	Bag lunch	Bag lunch
Swimsuit/towel				Swimsuit/towel
This schedule is tentative and subject to change.				

Teen Fitness Camp Week July 13-17