

# KIDZ BOOT CAMP FAQ

**WHAT:** Kidz Boot Camp will use games and organized chaos to provide a fun and challenging experience. The class will focus on gross motor skill development, burning calories and improving health and physical fitness indices. Some technical instruction will be provided as warranted. Each class will be supervised by an ASF trainer.

**WHO:** Any child between 8 and 12 years old; open for athletes and non-athletes.

**WHEN:** Starting July 8<sup>th</sup>; every Tuesday and Thursday from 10:00 am to 11:00 am. The class will run for four weeks - eight total sessions. Missed sessions cannot be made up.

**COST:** \$89/8 sessions; includes a free shirt, a coupon for future training and a Certificate of Achievement!

**STAFF:** The class will be coordinated by ASF Trainer Nigel Price, MS, CSCS.

For more information, including registration, please call 779-1234, or email [info@adrenalinestf.com](mailto:info@adrenalinestf.com).