



SCHOOL HOLIDAY FUN

Kid's Fitness Camps

If you would you like to see your children enjoy healthy, structured activities throughout the school break, or you need some free time, read on.



Activ8 Health & Fitness is holding **School Holiday Kids Fitness Camps** for children aged between 5 and 12, twice a week, for two-hour sessions. Your children will be entertained with a range of games and activities including boxing, fitness games, oz-tag, running, soccer, sporting games, team building exercises, and more.

So, who is Activ8 and what do we do? Activ8 is a health and fitness business, set up to promote healthy and happy lifestyles for people of all ages. Our highly qualified trainers specialise in Personal Training, Corporate Training/Speaking and group training sessions.

This year we are introducing health and fitness camps for kids in an effort to slow down the increasing rate of childhood obesity, encourage healthy lifestyles at a young age and most importantly, have fun!

KID'S FITNESS CAMP DETAILS

- COST:** \$ 100.00 (1st child)
\$ 90.00 (2nd child)
\$ 80.00 (any other children)
(Payment can be made direct deposit or cash on first day)
- AGES:** 5 – 12 years
- LOCATION:** Jenola Oval (Cnr Kingsway & Gannons Rd)
- TIMES:** 10am – 12 midday
- DATES:** **Tuesday 8th & 15th July 2008**
Thursday 10th & 17th July 2008
- BYO:** Medical clearance form
Water bottle (water will be supplied)
Healthy snacks
Sunscreen will be supplied.
Toilets available at the park.



Once you sign up, you will also receive a FREE hour session to our 'Saturday Morning Group Session'!

So what are you waiting for? Come and drop your children off and enjoy two hours to yourself!

To enrol or for more information, visit www.activ8fitness.com.au or contact Trent via Email: trent@activ8fitness.com.au or Phone: 0427 729 306 any time.

• **ACTIV8 YOUR HEALTH & FITNESS TODAY** •

www.activ8fitness.com.au