

burn boot camp®

# AFTER SCHOOL ENRICHMENT AT PVPV/RAWLINGS

*\$252 PER SEMESTER - WEDNESDAYS @ 2PM*

## EACH SESSION INCLUDES:

- ✓ **45 Minute Kids Camp**
  - Warm Up, Workout, Finisher
- ✓ **15 Minute Nutrition Education**
  - Importance of fueling your body
  - Healthy snack and lunch options
  - Tips on making healthy choices

## OUR MISSION:

INSTILL CONFIDENCE  
GET MOVING & STAY MOVING  
BUILD HEALTHY HABITS  
DEVELOP STRENGTH

OBSTACLE COURSE • TUG OF WAR  
• SPEED AND AGILITY •  
• LOADS OF FUN!

*SIGN UP HERE*



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Program Lead By

*Coach  
Jimmy*

**Jimmy Mullaney**

B.S. Kinesiology  
ACE Certified Personal Trainer  
ACE Youth Fitness Specialist  
ACE Sports Performance Specialist

