

burn boot camp

AFTER SCHOOL ENRICHMENT PROGRAM

FALL SEMESTER AT PVPV RAWLINGS:

EACH SESSION INCLUDES:

45 Minute Kids Camp

Warm up, Workout & Finisher

15 Minute Nutrition Education

Importance of fueling your body

Healthy snack options

Tips on packing lunch

OUR MISSION:

INSTILL CONFIDENCE

GET MOVING & STAY MOVING

BUILD HEALTHY HABITS

DEVELOP STRENGTH

SCAN QR CODE TO CALL
AND REGISTER!



STRENGTH | SPEED & | TUG OF
TRAINING | AGILITY | WAR
AND LOADS OF FUN!

150 Pine Lake Drive
Ponta Vedra, FL 32081
904.671.9050

\$228

Burn Boot Camp - Ponte Vedra, FL
 @burnbootcampontevedra
 pontevedrafl@burnbootcamp.com

PROGRAM LED BY COACH
JESSICA

MONDAYS | SEPT 9-DEC 16

SCAN THE QR CODE TO
REGISTER & SAVE YOUR
SPOT!

SIBLING DISCOUNT
AVAILABLE!

