

burn boot camp®

AFTER SCHOOL ENRICHMENT PROGRAM

NOW AVAILABLE
ON WEDNESDAYS
2-2:50 PM
ON CAMPUS

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
Ponte Vedra, FL 32081
904.671.9050

\$209

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

PROGRAM LED BY COACH
JESSICA

WEDNESDAYS | 11 WEEKS
SEPT 25 -DEC 18

SCAN THE QR CODE TO
FILL OUT LIABILITY
WAIVER. CALL TO
REGISTER & SAVE YOUR
SPOT!
GREAT FOR KIDS K-5

