

burn boot camp®

AFTER SCHOOL ENRICHMENT PROGRAM

SPRING 2025- WEDNESDAYS AT PVPV/RAWLINGS:

EACH SESSION INCLUDES:

45 Minute Kids Camp

Warm up, Workout & Finisher

15 Minute Nutrition Education

Importance of fueling your body for school & sports. Great recipes, discussions about food, sources, nutrients, tips & more!

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

\$266

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

PROGRAM LED BY
COACH JESSICA

WEDNESDAY'S | 14 WEEKS
FEB 12 -MAY 21 | 2-3 PM

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

