



# AGES 12-16 WAC PACK SPORTS CAMP

**CAMP DATES: JUNE 4 – JULY 27**

**Les Mills GRIT Instructors & Personal Trainers, Jeremy Taylor and Sam Brown.**

**Weekly Schedule:**

**Monday, Wednesday, and Friday:** Agility, Conditioning, and Strength Training

**Tuesday and Thursday:** Weight Training Intervals and Cardio

Woodcreek Athletic  
Club

11:45-12:45

Monday-Friday

Pass includes access to the pool. Pack your lunch and after class, enjoy eating poolside!

\$25/week for  
Members

\$50/week for  
Non-Members

ANY QUESTIONS?  
CONTACT US

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