



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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