

X FIT CAMP

SUMMER INTENSIVE
AGES 11-14

Looking to get fit this summer?



**Push . Pull
Lift . Jump
Kick . Dip
Squeeze
Scramble
Run . Throw**



- Get in Shape • Learn the tools & nutritional habits necessary for healthy weight control •
- Feel Good • Meet New Friends You Can Relate To • Have Fun! •

Must live within Edmonds School District boundaries and have health risks.
FREE to qualified individuals. Call 425.771.0230.

Camp held at CrossFit Industrious 216th & Hwy 99.
Funding provided by Verdant Health Commission.



Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.