




*Strength*

*Coordination*      *Flexibility*      *Weight Loss*



# Powerhouse Fitness

**99 Webster Sq. Rd. Berlin CT 06037**

**860-829-8888**

**SPORTS CONDITIONING CAMP FOR AGES 8-12 BOYS & GIRLS**

**Strengthen core muscles, achieve balance and build energy**

**All while having fun**

**2 CONDITIONING CLASSES A WEEK**

**MONDAY AND WEDNESDAY 11-12NOON**

**JULY 5<sup>TH</sup> TO AUGUST 27<sup>TH</sup> \$120.00**

**Registration Starts June 16<sup>th</sup>**