



**July 6th - August 7th**

**Age Groups:**

PreSchool (3-5): \$85.00— Mondays @ 10am (6 classes)

School Age (5-12): \$85.00 — Wednesdays @ 10am (6 classes)

Junior Varsity (12-15) \$145.00 — Tuesdays & Thursdays @ 7:15pm (12 classes)

***\*Space is limited to 10 participants per age group.***

**PreSchool / School age**

Spur Youth Fitness Camp offers your child an opportunity to learn about functional fitness through participation fun games and activities!

This 6 week program will focus on:

- Why exercise is important
- How to exercise safely
- Basics of proper nutrition
- Teamwork
- Making exercise fun

**Junior Varsity**

Spur Junior Varsity Fitness Camp will focus on improving the work capacity and performance of young athletes through functional fitness.

The program will focus on:

- Proper movement patterns
- Maintaining proper form and safety when lifting weights
- Introduction to Olympic weightlifting
- Increasing strength and work capacity



CrossFit Spur  
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Glenmont, NY