

# Eastside Adventure Boot Camp Introduces A Summer Program for our Young Women! Grades 6,7,8 & Grades 9-12

An Outdoor Fitness Program for Young Women  
Types of Exercise they will Experience:

Weight Training	Core Conditioning
Obstacle Courses	Calisthenics
Hiking	Short Distance Running
Functional Training	Jumping rope
Muscular Strength	Relays

Only \$185 for A One-week/2 Hour Comprehensive Program of Fitness Instruction, Injury Prevention, Sports Nutrition, Food Modification & Motivational Support provided to help our girls stay healthy, confident and successful in all different sports in life!

We will be meeting at Chief Kanim Middle School

**July 6th-10th** 11:00am-1pm. 6th, 7th and 8th grade girls

**July 27th-31st** 11:00am-1pm 9th-12th grade girls

**August 3rd-7th** 11:00am-1pm 6th, 7th and 8th grade girls

**August 10th-14th** 11:00am-1pm 9th-12th grade girls

**GET YOUR DAUGHTER REGISTERED NOW! CAMPS WILL FILL QUICKLY!**

For more information please contact, Certified Fitness Boot Camp Trainer/Owner  
Kimbrough Kendall

Eastside Adventure Boot Camp 425-890-5037

[WWW.Eastsidebootcamp.com](http://WWW.Eastsidebootcamp.com)

