



Fitness Camp

Kids in grades 1-5 will explore a healthy lifestyle of nutrition and fitness to help them accomplish God's purpose for their lives! They will focus on life-long healthy habits, and learn Bible stories that illustrate how and why our bodies were designed by God. Weekly fitness challenges will include aerobics, kickboxing, circuit training, hop-n-bop, and flexibility.

Be sure to wear comfortable clothing designed for active fun!

June 2 –August 25, 2013
Sunday mornings @ 9:45-10:45