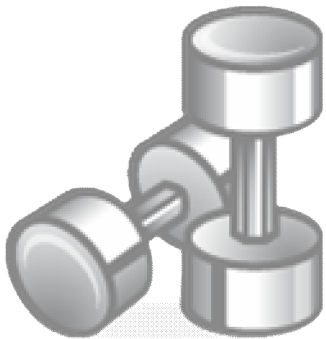


## Healthy Alternative

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*Six Hundred Plus Gymspa is proud to present our 2nd annual **Power Kids Fitness Camp**. The camp will be 10 days for kids ages 6-12. Our goal this summer is to keep kids active while still having fun. The children will participate in a wide variety of activities such as: X-biking, Kickboxing, Tumbling, Swimming, Outdoor Running, Indoor Drills and for our 11 & 12 year old campers a 1 hour supervised weight training class.*



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SIX HUNDRED PLUS  
GYMSPA

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600 Plus Gym Spa  
2202 Cornerstone Blvd.  
Edinburg, TX 78539

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## Sessions

Choose from 6 **Power Kids Fitness Camp** sessions each with your choice of morning and afternoon camps. Each session is 4 hours long for 10 business days.

### Session Dates:

Session 1: June 2nd– June 13th

Session 2: June 16th– June 27th

Session 3: June 30th– July 11th

Session 4: July 14th– July 25th

Session 5: July 28th– August 8th

Session 6: August 11th– August 22nd

### Camp Times:

Morning Camp: 8am to Noon

Afternoon Camp: 1pm to 5pm

**CAMP SIZE LIMITED!  
REGISTER TODAY!**

## Activities

Each session will offer a variety of sport and fitness activities for your child including:

- Kids X-Biking
- Tumbling
- Outdoor Sport
- Sports Agility Training
- Body Conditioning (push ups, sit ups, lunges etc.)
- Cardio Kickboxing
- Swim Time
- 15min Nutrition Video Class

## What To Bring..

- Healthy Snack
- Swim suit, Towel and extra change of clothes
- Camp T-shirt and name tag
- Water or Gatorade NO soda.
- Sunblock

## Fees

A fee of \$95 per child per camp session will be charged. Each Participant will be given a Power Kids t-shirt and name tag to be worn during the camp.

**15% Discount to  
600+ Gymspa Members**

**Ask about our  
Juice Bar Meal Plans!**

**For additional information or to  
register, call**

**956-630-6001**