

  
**NAUTILUS**  
**FITNESS CAMP**

2235 N Center St  
Bonham  
903.583.5333



PARENTS WORKOUT  
**FREE**  
WHILE THEIR CHILD  
ATTENDS CAMP

**Strength \*Agility \* Coordination \* Conditioning**

**9-12 Year Olds**

**Obstacle courses, Relays, and Games will be at the forefront of this athletic based class. We will focus on moves that are sure to produce an increase in strength, agility, coordination and over-all conditioning.**

**Session 1**

June 7<sup>th</sup> - July 1<sup>st</sup>  
Monday – Thursday  
12:00 – 1:00 pm  
\$85.00

**Session 2**

July 5<sup>th</sup> – July 29<sup>th</sup>  
Monday – Thursday  
12:00 – 1:00 pm  
\$85.00



\*Registration begins May 10<sup>th</sup> and ends June 4<sup>th</sup>.

**6-8 Year Olds**

**This fun class will be set to music and introduce children to movement that will encourage strength, agility and coordination. It will feel more like play than exercise!**

**Session 1**

June 7<sup>th</sup> - July 1<sup>st</sup>  
Monday - Thursday  
10:45 – 11:45 am  
\$85.00

**Session 2**

July 5<sup>th</sup> – July 29<sup>th</sup>  
Monday – Thursday  
10:45 – 11:45 am  
\$85.00

**Parent Meeting**

Session 1: Saturday, June 5<sup>th</sup> @ 10:30 am  
Session 2: Saturday, July 3<sup>rd</sup> @ 10:30 am