

# Eastside Adventure Boot Camp For Kids

## **Summer Boot Camps held at the Chief Kanim Fitness Center in Fall City.**

### Benefits of Kids Boot Camp

- Dramatic Improvements in your physical well-being and self-confidence
- Increased strength and endurance
- Pre-and post-evaluations to help you monitor your progress
- Loss of inches and a firmer body
- Motivation and inspiration in a kids only team environment
- These camps of fun, energizing activities designed to help kids reach their fitness goals
- Nutritional education

### **For more information contact:**

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Come share in the Adventure!  
You will be amazed at what YOU can do!