

# POWERHOUSE FITNESS GYM CENTER

## “Downtown Tampa”

1120 E. Kennedy Blvd. Tampa, FL 33602

## Fun & Fitness Summer Program

(Ages 08 - 17)

- Swimming (available)
- Spin Classes
- TRX Classes
- Group Fitness
- Sports/Athletics Training
- Nutritional Guidance
- Exercise safety and knowledge
- Machine & Circuit use

<u>Session</u>	<u>Dates</u>
4 Week	June 20 <sup>th</sup> - July 15 <sup>th</sup>
6 Week	June 20 <sup>st</sup> - July 29 <sup>th</sup>
8 Week	June 20 <sup>st</sup> - Aug 12 <sup>th</sup>

\* Any single week available from June 20<sup>st</sup> - Aug 12<sup>th</sup>

***Life's habits begin at an early age so  
make them start healthy!***

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John Sangunietti

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[www.pgtampabay.com](http://www.pgtampabay.com)

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# DAILY SCHEDULE

## MONDAY – FRIDAY

8:00AM - 9:AM	DROP OFF
9:00AM - 12:00PM	ACTIVITIES
12:00PM - 1:00PM	LUNCH
1:00PM - 3:30PM	ACTIVITIES
3:30PM - 4:00pm	PICK-UP

\* A nutritious but tasty lunch will be provided or bring your own. As noted in the Summer Program agreement please let us know of any food allergies.

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

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Dan Longs American Fitness Association International

[www.afai.us](http://www.afai.us)

## CAMP FEATURES

- Ages 08 - 17 appropriate activities
- Camper to instructor ratio 15-1 (instructor with aids)
- Emphasis on promoting a healthy and fit lifestyle now and in the future
- Professional and Nationally recognizes staff and instructors

## ACTIVITIES

- Swimming (available)
- Spin Classes
- TRX Classes
- Group Fitness
- Sports/Athletics Training
- Nutritional Guidance
- Exercise safety and knowledge
- Machine & Circuit use
- Agility and flexibility
- Health conscious living



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## CAMP MISSION

Powerhouse Fitness Center is opening its multi million-dollar facility to youth campers. This camp will emphasize in a fun and health environment, the highest quality of fitness and education importance of nutrition and exercise. Promoting at an early age the importance of a living a lifestyle of health, fitness and safety. Most of all how it all can be accomplished while having fun!!

## FACILITIES

The campers have full use of our state of the art, high-tech, oxygen-powered fitness center with spin-room, TRX suspension room, athletic training area, sandpit, pool, hydro-massage bed and cutting edge equipment and training techniques.

## STAFF

Our highly qualified nationally recognized staff is ready to spend an exciting summer with our communities' campers. The owners of Powerhouse Health and Fitness Center will direct the camp personally. We have over 30 years combined of experience operating health and fitness centers. We also have been involved in youth camps in California, Florida and Arizona.



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## SPECIAL NOTE

Powerhouse Fitness Center will supply each camper daily with a tasty, nutritional and healthy lunch and smoothie.

Parents are required to make sure camper has a snack or breakfast before each day and to notify the programs staff of any food allergies or health restrictions a camper may have.

## COST

Powerhouse Fitness Center has provide 3 options for each camper:

1. 8 week program - \$251 per wk
2. 6 week program - \$297 per wk
3. 4 week program - \$321 per wk
4. Any 1 week program - \$425

“We look forward to working with each of our youth campers and changing the way our children perceive and achieve health and fitness.”

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