



Spin and Stretch Camp (Ages 11 – 15 and 5' or taller)

Week 1 and 4 1:30–3:30 pm \$85/week

Participants will start with a fun, but intense Spin class. They'll pedal to their favorite music while performing real-life cycling techniques. After 45 minutes of aerobic conditioning and calorie burning, they'll perform deep stretches in a Yoga class where they'll learn proper form and technique for stretches as well as relaxation and focusing techniques which can help in school. Athletic shoes are required for Spin and a sticky mat is suggested for Yoga. Please bring a towel, water bottle and a nutritional snack.

www.freedom-center.com • 703-993-8444 • 10900 University Blvd., Manassas, VA

on the Manassas Campus of George Mason University