



**Strength, Cardio and Flexibility Camp (Ages 11 – 15)**

**Week 2 and 5 11 am – 2 pm \$105/week**

Participants will begin their training with cardiovascular conditioning including walk/run, cycling, and stair climbing and then continue with strength training combining traditional weight training and current exercises for core stabilization and balance. Each session ends with flexibility training. Athletic shoes and apparel are necessary for participation. Please bring a towel, water bottle and a nutritional snack.

**[www.freedom-center.com](http://www.freedom-center.com) • 703-993-8444 • 10900 University Blvd., Manassas, VA**

*on the Manassas Campus of George Mason University*