



# Foundations Summer Fitness Camp



## Cherokee Trail High School

**Do you need to get faster, stronger and increase your range of motion? Do you need to prepare for your next season and avoid injuries? Do you want to be physically fit?**

**If you answered yes to any of these questions, please join us for the *C.T. Foundations Fitness Camp.***

<b>Where:</b>	<b>When:</b>	<b>Cost:</b>	<b>Who:</b>	<b>Why:</b>
Cherokee Trail High School  Auxiliary Gym	June 13 – July 26  7:30-8:45 a.m.  Tuesday & Thursday mornings	\$105.00  Covers the entire summer  (\$7.00/ day)	Ages: 12 +  Community members and district employees are welcome	Prepare for season  Injury prevention  Gain and maintain physical fitness

***Individuals will be assessed on the Functional Movement Screen to determine accurate reference points in their exercises. Proper form and technique enhances training and individual health. Join us for a full body work out.***

<b><u>Sample workout time frame/session:</u></b>	<b><u>Materials needed:</u></b>
5 mins: Stretch 5 mins: Warm-up movement 20 mins: Calisthenics & Agility 30 mins: Circuit (all muscular systems are targeted) 20 mins: Yoga (strength, balance, Vinyasa and meditation inclusive)	<ul style="list-style-type: none"> <li>• Old towel</li> <li>• Water bottle</li> <li>• Yoga mat (we have a few if you are in need of one)</li> </ul>

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**Register: <https://www.milehighsportscamps.com/ct-summer-fitness-camp>**