

TAKE YOUR GAME TO THE NEXT LEVEL...



WITH THE

Teen Sports Conditioning Camp

Get Ready to:

- Safely Increase your Speed, Agility, and Endurance!
- Learn conditioning strategies to keep you a step ahead and injury-free all year long!
- Gain valuable Sports Nutrition information!
- Develop the competitive edge you need to succeed in your sport!

To Enroll:

- Stop by O2 Fitness in Chapel Hill, or call 942-6002 today!

O₂FITNESS

Camp Dates:

(3 weeks on Mondays, Wednesdays and Fridays at O2 Fitness in Chapel Hill)

Session 1: June 30th - July 18th
Session 2: July 28th- August 15th

Camp Fees:

Community: \$540

O2 Fitness Members and Family: \$490

Special Membership Offer :

Parents of Enrollees can join O2 Fitness with a \$0 Enrollment fee and the first two months free!

Have a schedule conflict? Ask about our individual sports conditioning sessions!