

## ***SPRING SPORTS CONDITIONING CAMP 2016***

***OFFERED BY***

***ELITE HEALTH AND FITNESS, INC.***

- **Camp consists of Eight (8) Sessions;**
- **Dates: January 26<sup>th</sup> through February 18<sup>th</sup>;**
- **Time: Tuesdays and Thursdays, from 3:30 to 5:00;**
- **Location: **Warhill Turf Fields and Trail**;**
- **Consists of high intensity cardio, interval conditioning, as well as, speed, agility, flexibility, and balance work;**
- **Training curriculum is soccer specific; however, **all spring athletes** interested in improving their fitness are welcome;**
- **You will need to layer and dress for the weather, as well as, bring water and running shoes.**

**Cost is \$50 per athlete, space is limited to the first 40 applicants.**

**Email [EliteHandF@Yahoo.com](mailto:EliteHandF@Yahoo.com) or go to [EliteHealthnFitness.com](http://EliteHealthnFitness.com) for an application**

**For more information contact:  
Mike Scruggs at (757)570-6615**