

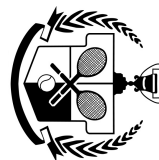
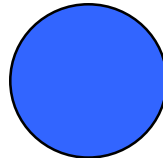
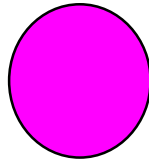
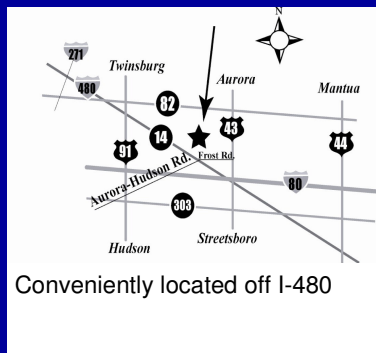
Key Instructors

Jennifer Torres
Fitness Director

- ◆ B.S. Exercise Science, Kent State Univ., 1998
- ◆ Certified Personal Trainer with National Strength and Conditioning Assoc., since 1999

Adam Whitlach
Personal Trainer

- ◆ Bachelor of Arts & Science, Kent State Univ., 2006
- ◆ Certified Personal Trainer with Aerobics and Fitness Association of America, since 2006



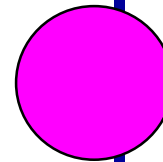
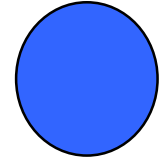
11013 Aurora Hudson Road
Streetsboro, Ohio 44241

*Western Reserve Racquet and
Fitness Club*



**Western Reserve
Racquet & Fitness Club**

GET FIT! TEEN & TWEEN FITNESS CAMP



11013 Aurora-Hudson Rd.
Streetsboro, OH 44241
330.653.3103

www.wrrfclub.com



GET FIT!

An upbeat nutrition and fitness education summer camp

GET FIT! Mission

- Enhance self esteem
- Adopt healthier habits
- Increase activity



Campers will receive nutritional guidance for healthy living.

Daily Schedule

- Nutrition education
- Exercise technique for individual muscle groups
- Core and flexibility training
- Group fitness experience
- Development of personalized weight training program

GET FIT!
GIRLS
July 6-10
July 13-17

Monday-Friday
12:00-3:00 pm

For Grades 6-8
\$125/week

GET FIT!
GUYS
July 20-24
July 27-31



GET FIT! Camp is a great way for teens and tweens to stay active over the summer.

“One-third of children and teens — about 25 million kids — are overweight or on the brink of becoming so, which increases their risk of developing diabetes, high cholesterol, high blood pressure and other illnesses.”

Source: USA TODAY, Oct. 2006

Campers will learn skills to stay fit and healthy for life.



Western Reserve Racquet and Fitness Club

11013 Aurora Hudson Road
Streetsboro, Ohio 44241

Phone: 330.653.3103
Email: jtorres@wrrfc.com