

Fitness & Fun with Family & Friends Camp

presented by **Spices Fitness**

*HAVE FUN AND
STAY FIT THIS
SUMMER WITH
FAMILY AND
FRIENDS!!*

A Fitness Camp For Everyone!!

Friday July 4th (3pm) to Sunday
July 6th (noon), 2014
ECHO VALLEY, SK

"Hole in the Wall #2 Campsite"

Tent/Camper Weekend Group

*Registration= \$170 per couple/2 Adults
or \$205 per Family*

(Bring your TENT or TRAILER and FOOD)

***Saturday only= \$100/couple or
\$120/family*

*Celebrate in the Fitness and Fun In
the great outdoors.....*

- *Fitness Kickboxing*
- *MMA Conditioning*
- *Functional Training*
- *Cross Training*
- *Zumba Fitness Party*
- *Yoga*
- *Trail Run/Hike/Walk*
- *Core Full Body Fusion*
- *Sunset Stretch*
- *Exercise Nutrition Workshop*

Register today!
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