



Core Fitness is a groundbreaking wellness boutique that combines innovative workouts, nutritional literacy, and a commitment to excellence that strengthens the body, mind, and spirit. We empower our clients to push harder, dream bigger, go further and live better. Our motto is "**Live the Life YOU IMAGINE**". It evokes our belief that each individual deserves the best of themselves—both inside and out.

Core Fitness offers a variety of classes that are a fun and motivating—and cost-effective—way to achieve your wellness goals. In need of a more customized wellness program? Core Fitness also offers individualized training. Let us design a custom wellness program for you today!



CORE FITNESS, INC.
3763 Roswell Road
Atlanta, GA 30342
(404) 869.7225
www.corefitnessatlanta.com



live the life YOU IMAGINE

Girl Power!
Summer Camp for Girls

**A complete
fitness, nutrition and wellness
camp for girls age 10-14**

Summer 2010

Girl Power! Summer Camp

CORE FITNESS

live the life YOU IMAGINE



FITNESS

Did you know that a third of all pre-teen and teenage girls are overweight, and that less than half of all teens get enough exercise? Today's girls face huge struggles in eating healthy, exercising, and losing weight. There is tremendous pressure from TV, magazines, boys, and even friends, for girls to be skinny rather than healthy. Girls (and their parents) can't figure out how to get and keep a healthy body and a positive self image. It doesn't have to be this way. **Girl Power!** is the perfect environment for girls to learn to enjoy fitness, eat better, and develop a positive self image.



NUTRITION



WELLNESS

Girl Power! is a complete fitness, nutrition and wellness summer camp for girls age 10-14. The week-long program consists of:

- **Fitness Training by Core Fitness**

Explore different exercise techniques and find fun and effective ways to get and stay in shape. Try Boombbox, U-Fit, Run 101, Yoga, Boot Camp, and more!

- **Nutrition Seminars**

Learn about proper nutrition and the dangers of dieting, including easy ways to maintain healthy eating habits and make wholesome meals and snacks.

- **Developing a Positive Self Image**

Interactive activities serve as a jumping off point to discussion sessions in which girls explore the issues in their lives, such as peer pressure, stress management, and negative influences from the media.

Summer 2010 Camp Dates

June 7 - 11

June 14 - 19

June 21 - 25

July 5 - 10

July 12 - 17

GIRL POWER! CAMPS MEET AT CORE FITNESS

MONDAY-FRIDAY
12pm - 4pm

GIRLS AGES 10 - 14

***LIMITED TO 12 PARTICIPANTS**

LEARN MORE ABOUT GIRL POWER!

Come to an open house at Core Fitness
SUNDAY, FEB 28 2-4PM
SUNDAY, MARCH 7 2-4 PM

Girl Power! Camp Registration

DOWNLOAD REGISTRATION FORMS
ONLINE AT
WWW.COREFITNESSATLANTA.COM

\$295

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