

First in Fitness

Granger Rd, Berlin VT
(802) 223-6161

Strength and Conditioning Camp Summer 2010

This 3-day program for young men and women **ages 13-18** provides valuable training and education for the active teen as well as the competitive athlete.

Individualized sports specific fitness training, strength and conditioning, quickness and agility, balance and flexibility, nutrition, and competition preparation, are all addressed, **pool training and play** round out the program.

Needless to say a primary component of our days is **FUN!**

The program is led by a **Certified Personal Trainer** who utilizes **state of the art training designs.**

Those students interested in maintaining and/or increasing conditioning in the off-season for fall and winter sports will find this camp particularly beneficial!

*Ask about our student
summer membership special!*

5 One-week sessions

July 12th through August 13th!

Mondays, Wednesdays, and Fridays

8 am-12 noon

\$99/week for First in Fitness Members

\$145/week for non members

*Early Bird Discount if
enrolled by May 21st.*

For more information
please contact:
Chris Pickel
Certified Personal Trainer
First in Fitness, Berlin
(802) 223-6161



Camp Director, Chris Pickel

is an AFFA Certified Personal Trainer, licensed Massage Therapist, and holds a degree in Allied Health from CCV.

Chris is an accomplished collegiate athlete as a starting player in the Eastern Junior Hockey League and Captain of the Men's Lacrosse Team at North Country Community College. A former U32 athlete, Chris was Captain of both Varsity Hockey and Lacrosse and was a member of the Varsity Football State Championship Team. He remains involved with high school sports as the Assistant Coach of the U32 Boys Hockey Team.

