

N E X G Y M

NEXGYM SUMMER CAMP JUNE 8TH - JUNE 27TH

Session 1

June 8-12

10-1: Animal Camp
(Age 6-9)

1-4: Girls Rock
(Age 9-12)

Session 2

June 15-19

10-1: Super Hero Camp
(Age 6-9)

1-4: Secret Agent Camp
(Age 9-12)

Session 3

June 22-26

10-1: Pirate Life Camp
(Age 6-9)

1-4: Stuntman Camp
(Age 9-12)

Summer Camp \$160/WK

Summer Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11-12: Sports Training		11-12: Dodgeball Drills	11-12: Football Training	11-12: Dodgeball Drills	11-12: Dodgeball Tournament
2-3: Strength Training	2-3: Dodgeball Drills	2-3: Football Training	2-3: Dodgeball Drills	2-3: Sports Training	2-3: *Confidence Builders
4-5: Dodgeball Drills	4-5: Strength Training	4-5: Boot Camp	4-5: Cardio Craze	4-5: Dodgeball Tournament	3-4: *Confidence Builders

N E X G Y M

•Southlake Town Square • 817-488-9300 • www.nexgym.com•

Class Descriptions

Strength Training • Total fitness conditioning! Our Personal Trainers will emphasize proper form and techniques using free weights and body weight.

Football Agility • Football fundamentals and drills taught by our coaches in a safe and non-threatening environment.

Dodgeball Drills • Challenging drills get you throwing and catching like a champ while honing agility and accuracy.

Dodgeball Tournament • Calling all champions!! Bring your friends for the ultimate challenge of you Dodgeball Skills!

Sports Training • Increase your up with speed, agility, strength, and cardio drills. Combines cardio, strength, and stretch segments.

Cardio Craze • High intensity class that will challenge your child at their individual level of fitness.

Classes With Additional Fees

***Nexgym Karate** • Ages 5-14 Classes Mon & Wed 6-8pm
Monthly Rate: Members \$72 Non-Members \$90
Students will develop strength and discipline, while learning offensive as well as defensive skills with integrity and respect for one another.

***Confidence Builders (C.B.)** • Cost \$40-\$60 per class * *appointment only*
Provides learning different children the opportunity to work in a social environment and develop their functional sports skills.

-Please schedule your pre-evaluation with Coach Shawn theshawnm@yahoo.com or Coach Katie kcarr47@yahoo.com

***C.B. Social Skills Camp:** Coach Katie and Coach Shawn will be emphasizing sharing, interpreting social cues, and making small talk all while guiding the children through fun and exciting games!

- June 8-10 & 15-17 4-6pm (Ages 6-9) \$375
- June 22-24 4-6pm (Ages 10-16) \$185

** limited spaces early registration required*

EXERGAMING GYM

Cost per Visit: \$18

Monday - Friday: 10am - 6pm

Saturday: 10am - 4pm

Call in advance to schedule your visit

BIRTHDAY PARTY HOURS

Cost \$20 Per Child Min 16

Friday: 6pm - 8pm

Saturday: 10am - 12pm, 4:30pm - 9pm

Sunday: 12pm - 7pm