

BIGG FITNESS SUMMER CAMP

Creating healthier lifestyles, one child at a time



What kids are saying about their BIGG Fitness experience:

"I set a goal to not watch TV for 2 weeks and did it."

"I learned how to jump rope."

"I drink more water."

"I go outside more."

"I wish BIGG Fitness was every day."

Join the BIGG Fitness team!

Get your child moving and eating healthier while building positive attitudes and self-esteem.

- Empowers children to improve their own health by setting personal fitness and health goals
- Incorporates fun and challenging fitness activities to enhance agility, endurance, strength, and teamwork
- Uses agility ladders, balance pods, jump ropes, stability balls, bands, and more
- Meets the needs of all fitness levels in a non-competitive environment
- Provides a nutritional lesson and snack
- Increases child's physical activity and promotes healthy eating habits
- Follows state PE and Health standards

REGISTER NOW...

Online at

www.biggeducation.com

or call 800-708-6056

...and make a BIGG difference in your child's health!

ONLY
\$80

per session

Morley Field

2221 Morley Field Drive
San Diego, CA 92104

Session 1: July 30-August 3

Session 2: August 6-10

9am - 12:00pm



BIGG Education
Building Intelligence and Generating Growth