

CF FITNESS



3553 Atlantic Avenue
Long Beach, California 90807
www.thecffitness.com

CF FITNESS SUMMER PROGRAM

CF Fitness will make this summer the best summer and get you ready for the next school year!

CF Fitness

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CF Fitness Summer Program Summary

CF Fitness (Convenient Fun Fitness) is a program designed by Olympic Track & Field Runner & Company Founder James Howell for children from elementary to high school (ages 5-18). CF Fitness offers a team building, confidence boosting and anti-bullying atmosphere while learning fun fitness routines, Playing Video Games, cooperative games, Fitness Math Games, Arts & Crafts obstacle courses, sports specific games, Reading Comprehension using fitness and Community & Team Building Experiences. Also get the chance to build your own app. There will be 1 staff to every 4 child ratio so everyone can get the proper attention because no child should be left behind. When the camp course is completed, every child will receive a reward. Prizes will be given to every child during team building courses. Parents are always encouraged to join the group, free of charge. Space is limited and on a first-come, first-served basis.



Dates:

4 weeks:

Session 1 - (07/06/2015 - 07/31/2015)

Session 2 - (08/03/2015 - 08/28/2015)

Days of Week:

5 Days a week
(Monday-Friday)

Hours:

3 hours
(9:00 am-12:00 pm)

Location:

Dooley Elementary Quad Area
5075 Long Beach Blvd
Long Beach, CA 90805

2014 Testimonials:

"CF Fitness program is a very fun exercise program that really gets you in shape. You get to play your favorite games, laugh and I always feel safe on the playground. Chris the CF Fitness Star is like another brother to me."

- **Stephanie Green**

"Let me just tell you that Noah has not stopped talking about CF Fitness. He does his homework and goes straight to sleep. He then bragged to everyone on Sundays how he will score the most soccer goals on Monday during their lunch game. He even told me that perhaps I should be exercising more!"

- **Esperanza Garza (Eric's Mom)**