



# ARC “SPORT CAMP”

*“Life is a game; train to play it well”*



**ARC** “Sport Camps” are progressive six or twelve week small group personal training sessions and are suitable for the individual, recreational weekend warrior through to team sport athletes. It is the perfect program to blast you out of your training plateau!

“Sport Camp” trains movements that matter in workouts, which combine athletic cardio and strength training with core, balance, agility and stability.

**To participate**, just gather up a group of four or more from your office, running group or gym and we will set the days(s) and times to suit you.

Any pre-arranged groups of four receive a 10% discount.

For more information, or to register, please inquire by contacting Pam directly at; [ppedlow@ffpc.ca](mailto:ppedlow@ffpc.ca)

