



HEALTHY IN THE HEIGHTS FITNESS CAMP JUNE 11 - AUGUST 14

Healthy in the Heights Fitness Camp is designed for individuals looking to improve their fitness through accountability, habit change, education, and community building.

**KICK - OFF MEETING
TUESDAY, JUNE 11 6:30 - 8:30PM**

Camp Inclusions

2 Weekly Group Classes: Tuesdays @ 6:30pm & Thursdays @ 6:00am

One-Session with a Personal Trainer

Two Saturday Group Challenges (June 22 & July 20)

Weigh-In and Body Fat Analysis

Dietitian Nutrition Education Night

Q & A with Dietitian & Personal Trainers

Weekly Engagement & Accountability Tracking

Prizes for Winners

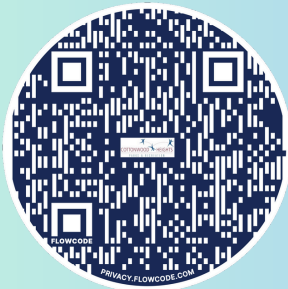
****No class July 2 and July 4**

Early-Bird Pricing: Members: \$135 Non-Members: \$160

Regular Pricing: Members: \$150 Non-Members: \$175

Early Bird Pricing Ends June 4 @ Midnight!

Scan QR Code to Register
Or visit
chprsa.activityreg.com



**Prizes Awarded to Top Finishers
(Men's and Women's Divisions)**

1st Place: 3-Month Ultimate Membership

2nd Place: 3-Month Premium Membership

3rd Place: 10 Punch Rec Center Pass

AND OTHER PRIZES!

MORE INFO AT KICK-OFF!

Camp fees include camp services only. For access to facility amenities including fitness and cardio rooms, pools, and fitness classes, please purchase a membership or punch card.

Cottonwood Heights
Parks & Recreation

HEALTHY IN THE HEIGHTS
Camps & Challenges