



**PHOENIX
KICKBOXING
& SELF-DEFENSE**

FITNESS

&

SELF-DEFENSE

CAMP

FOR KIDS

AGES 7 TO 12

Distribution of these materials is in no way an endorsement of services, activities, and/or products by the Pocatello/Chubbuck School District.

777 YELLOWSTONE AVE.

POCATELLO, ID 83201

(ACROSS THE STREET FROM FRED MEYER)



SCAN ME

WWW.PHOENIX.FITNESS (208) 240-5967



JUNE 15TH - 18TH

10 AM - 12 PM

JULY 13TH - 16TH

10 AM - 12 PM

This 2-hour a day course (total of 8 hours a week) will provide all the fundamentals so your child can begin and reinforce healthy habits, including: diet, fitness, confidence and self-defense. This is an **ACTIVITY** program, so all kids will need work-out clothes and water.
No jeans.

ONE WEEK FOR \$69

OR

BOTH WEEKS FOR \$59 EACH

NO GEAR IS REQUIRED. SPACE IS LIMITED AND IS ON A FIRST COME FIRST SERVE BASIS. SO SIGN UP TODAY!

MORE INFO AT WWW.PHOENIX.FITNESS



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