



# Coach Cheryl's Fit Camp



## What is it?

Coach Cheryl's Fit Camp is a high-energy, full-body fitness class designed for **all fitness levels**. This camp-style workout combines **strength, cardio, agility, and core training** to build endurance, burn fat, and improve overall fitness.

## What to Expect:

- Dynamic warm-ups to activate your muscles and prevent injury.
- **Strength Training and Core** using bodyweight, dumbbells, resistance bands, and TRX.
- **Cardio & Agility Drills** inspired by high-intensity interval training (HIIT) and Tae Bo.
- **Tae Bo-Inspired Movements** incorporated for functional fitness and coordination.
- **Cool-down & Recovery Stretches** to enhance flexibility and reduce soreness.
- **Encouraging, faith-based coaching** with scripture and motivational guidance to inspire growth beyond the gym.

## Who is this for?

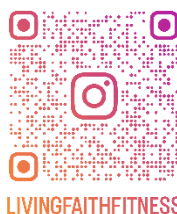
- ✓ Beginners looking to build foundational strength and stamina.
- ✓ Intermediate & advanced participants seeking a fun, challenging workout.
- ✓ Anyone who wants to **lose weight, tone up, or improve endurance** in a supportive group setting.

## Class Schedule:

 **Tuesdays & Thursdays:** 5:30 AM & 6:00 PM

 **Saturdays:** 7:30 AM

  **Location:** Living Faith Fitness Studio



 *"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."* – 1 Timothy 4:8

 **Want to try it?** Book your first intro session (\$49) or drop-in (\$25): [LivingFaithFitness@gmail.com](mailto:LivingFaithFitness@gmail.com)