



CYPRESS LAKES GRIND2SHINE YOUTH SPORTS PERFORMANCE AND FITNESS CAMP

2019 Camp Details:

June 10th- June 28th and July 8th- 26th. 10:45am to 12pm. Monday through Friday. Grind2Shine summer camp is for ages 12 through 18.

Grind2Shine is a sports performance and fitness camp not only for athletes, but also for those looking to lose weight, improve their health and fitness levels, and wanting to learn proper exercise form and nutrition principles. Grind2Shine will be led by Certified Trainers Jason White and Austin Martin. For more information please visit our website at www.cypresslakescc.com/HealthWellness or give us a call at 985-764-6868. Registration is available online and payments can be made at the Country Club or over the phone.



ARE YOU LOOKING TO GET STRONGER, QUICKER AND FASTER?

ARE YOU PREPARING FOR AN UPCOMING SPORTS SEASON, CHEERLEADING OR DANCE TEAM?

YOU WANT TO GAIN AN EDGE OVER THE COMPETITION?

WOULD YOU LIKE TO IMPROVE YOUR HEALTH AND FITNESS LEVEL?

PRICES: \$175 PER 3 WEEK SESSION. \$350 TOTAL FOR BOTH SESSIONS. PARTICIPANTS CAN DO ONE OR BOTH SESSIONS

CYPRESS LAKES COUNTRY CLUB

10 Villere Dr.
Destrehan, LA 70047
985-764-6868

www.cypresslakescc.com

June 10, 2019-July 26, 2019