Lakeside Fitness Fit Body Boot Camp’s goal is to create an environment where young athletes will be able to get stronger and faster, increase their mobility and flexibility, as well as help reduce the risk of injury for those participating in multiple sports.

Our programs consist of various strength and movement progressions that include agility drills, strength and conditioning training, balance and core strengthening exercises, and a variety of engaging and fun speed drills.

Each session is led by our certified Sports Conditioning Coaches.

Whether you’re looking to have fun and get fit at the same time, or looking to excel in the sports you participate in throughout the year, these sessions are for you!

All conditioning programs are fast paced, informative, and enjoyable!

Summer Schedule to come

For more information please contact lesa@lakesidefitness-fitbodybootcamp.com

Where: Lakeside Fitness, 675 Industrial Ct, just off Hwy 83, south of Culvers

Cost: $80 per session (8 classes)

When:

5th and 6th Graders: Tuesday & Thursday 4:30pm

7th and 8th Graders: Tuesday & Thursday 7:30pm

Sessions:

March – 1, 3, 8, 10, 15, 17, 22, 24

April – 5, 7, 12, 14, 19, 21, 26, 28

May – 3, 5, 10, 12, 17, 19, 24, 26, 31

Sign Up Click Below

5th and 6th Graders 4:30pm

7th and 8th Graders 7:30pm

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