

Main Title

Keli's Standup Board Boot Camp

Sub Title

Keli's SUP Boot Camp *it's like walking on water...*



TITLE OF CLASS

Try today's fastest growing recreational water sport known throughout the world as stand up paddle boarding. Keli's SUP Boot Camp takes stand up paddle boarding to the next level. Encompassing a core fitness routine that builds strength through balance and resistance, SUP Boot Camp will work every part of your body especially that hard to lose mid-section. While burning those unwanted calories this is a total cardiovascular workout.

SUP Boot Camp provides a structured standup paddle board workout schedule that will encompass cardio, core building, and strength training. Participants of the classes will benefit from a weekly routine that will help them both mentally and physically while maintaining a level of healthy activity and fun. These classes will be available for the young and old, from the beginner to the experienced. We have two sessions listed below so no matter what your busy schedule is SUP Boot Camp can accommodate you. In addition basic safety instructions and harbor regulations will be taught to promote responsible courtesies while sharing the harbor with boaters. For more information about SUP Boot Camp or to signup visit us at <http://www.kelisoutrigger.com> or call at **949.388.7722**

Mahalo!

FEE: \$40.00 per week (Choose between Mon-Wed or Tue-Thur)

Additional fees per activity

AGES: 8 – Adult.



Dates

Days

Times

Starting;
 June 1, 2009

Advanced & Intermediate	Monday's & Wednesday's	7:30AM – 8:30AM
Beginner	Monday's & Wednesday's	9:30AM – 10:30AM
Kids (8-14)	Monday's & Wednesday's	11:30AM – 12:30PM

OR

Beginner	Tuesday's & Thursday's	7:30AM – 8:30AM
Advanced & Intermediate	Tuesday's & Thursday's	9:30AM – 10:30AM
Kids (8-14)	Tuesday's & Thursday's	11:30AM – 12:30PM