



# WHAT IS FUZE

THE FIRST AND ONLY COMPLETE HEALTH AND FITNESS CLUB DEDICATED TO KIDS IN THE UNITED STATES

FUN, SAFE, NON-INTIMIDATING ENVIRONMENT FOCUSED ON PERSONAL SUCCESS

CERTIFIED, CREDENTIALLED YOUTH FITNESS INSTRUCTORS, MASTER AND EXPERT-LEVEL COACHES FOR ALL CLASSES

PEDIATRICIAN-STAFFED AND SUPERVISED PROGRAMS FEATURING NUTRITION, CONFIDENCE BUILDING AND HEALTH-RISK ASSESSMENTS

## FOR ALL CAMPS

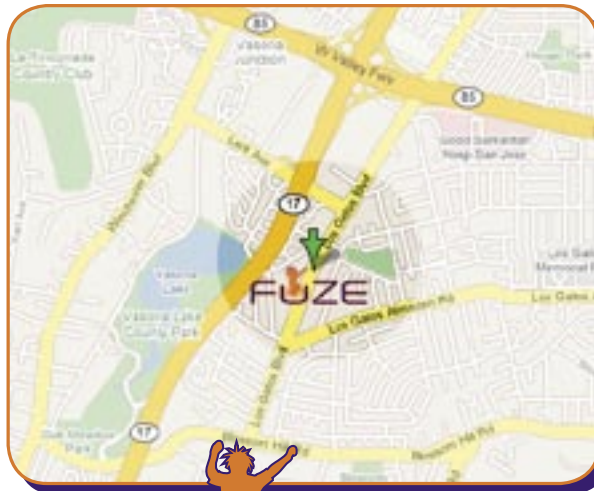
Wear comfortable clothes, athletic shoes and bring a bathing suit & towel on swim day.

All camps 9AM - 2PM, Monday - Friday  
Early Drop-off / Late Pick-up available.

Bring your smile & be prepared for a great time at camp!

Waiver to be signed prior to first day of camp.

All camps limited to 24 kids per session.



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THE STATE-OF-THE-ART HEALTHY LIFESTYLE AND FITNESS CLUB JUST FOR KIDS



SUMMER CAMPS ENROLLING NOW!

In Partnership with LGS Recreation



## FUZE INTERACTIVE FITNESS, TRAINING & EXERGAMING

- Lightspace™
- Xavix J-Mat™
- Hoist™
- Yoga
- Plyometrics & Plyoplay™
- Dance Dance Revolution™
- Urban Rebounding™
- Sportwall™
- XR Board™
- Indoor Track
- Zumba™
- GameBike™
- Life Fitness™
- Urban Dance
- Martial Arts
- Calisthenics
- Functional Training
- Expresso Bikes
- Personal & Buddy Training
- Sportmanship & Fair Play

# THIS SUMMER AT FUZE

# SUMMER CAMPS!

## EVERY CAMP, EVERY CAMPER

Kids receive a FUZE Fit For A Kid! jersey shirt & light-weight FUZE backpack.

Enjoy camp with friends from Kindergarten – 8th grade (age-based groups), and all of our fun youth strength and conditioning coaches.

Gourmet lunch & healthy snacks included!

**ENROLL NOW AT FUZEFIT.COM**



## ULTIMATE SUMMER CAMP 1 - 6

ULTIMATE SUMMER CAMP IS THE FIRST CAMP  
OF THE SUMMER AT FUZE FIT FOR A KID!

USC 1: 6/23/08 - 6/27/08 | USC 2: 7/7/28 - 7/11/08  
USC 3: 7/14/08 - 7/18/08 | USC 4: 7/21/08 - 7/25/08  
USC 5: 7/28/08 - 8/1/08 | USC 6: 8/4/08 - 8/8/08

FUZE has designed a success-oriented, comprehensive lifestyle camp to provide kids of all ages with the tools necessary to live an active, healthy life, all in a fun, energetic environment designed just for kids.

Fun and safe, this camp has it all: the best in Interactive Fitness, Exergaming (Including the XR Board for Snowboard and Skateboard development), PlyoPlay, Sportwall Gaming, Yoga, Zumba, Martial Arts, Urban Rebounding, CardioKidsBoxing, Kids 'N' the Kitchen, Nutrition, and Motivational Talks. We will conduct Obstacle Courses, Scavenger Hunts, and Team Relays at a nearby park and have Swim Fitness at a facility (kid/parent optional).

Also included is LightSpace Play and, of course, awards recognition and a graduation celebration for all.

**NOW, THAT'S WHAT WE CALL  
ULTIMATE SUMMER CAMP!**

## GIRLS FUZE 'N' FIT™

GIRLS FUZE 'N' FIT SUMMER  
CAMP IS FOR GIRLS ONLY!

DATES: 8/4/08 - 8/8/08

FUZE Has crated a state-of-the-art weeklong program designed to equip girls of all ages with the required skills to live an active, healthy life, all in a dynamic, supportive environment designed just for girls, including self-esteem and confidence-building programming.

Fun and safe, this camp has it all: DDR, Exergaming, Yoga, Zumba, Urban Rebounding, CardioKidsBoxing, fun dance competitions, Kids 'N' the Kitchen, Fitness Arts & Crafts, Nutrition, and Inspirational chalk talks. We will also conduct Obstacle Courses, Scavenger Hunts, Race Preparation, and Team Relays at a nearby park and have Swim Fitness at a facility (kid/parent optional).

Also included is LightSpace Play, MultiMedia and Karaoke entertainment, and, of course, awards recognition and a graduation celebration for all.



## SPORTS FIT CAMP

SPORTS FIT CAMP AT FUZE FIT FOR A KID!

DATES: 8/11/08 - 8/15/08

This camp will emphasize movement and foundations of athletics used in four major sports in the AM: soccer, basketball, baseball, and lacrosse; in the afternoon, we will then apply our acquired skills in real-time. On Fridays, we will have swim fitness at a nearby facility.

Even if you have never played lacrosse or one of the other sports, come anyway to learn a new sport and have fun while improving your balance, coordination, strength and stamina. All levels of fitness welcome. We will use all the exciting fun fitness areas at FUZE including: Interactive Fitness, Exergaming, Circuit Training, PlyoPlay, Sportwall Gaming, and more.

Nutrition-based education and other programming to inspire kids including topics on Confidence, Sportsmanship and Fair Play will also be used.



## LIMITED FOUNDING MEMBERSHIPS NOW AVAILABLE

# GO

# PLAY

# ACHIEVE

