

## **KSS Summer Offering #24**

Course Title: **Core Cardio Circuit Camp (CCCC)**

Teacher: Mrs. D. Bagdzius

Dates: July 18th - July 22nd

Grades: Students entering Grades 6, 7, and 8

Times: 8:30 AM - 9:30 AM

Tuition: District 94 Students: \$35.00 per child

Required Materials: Gym shoes, comfortable athletic clothing, water bottle

Out of District Students : \$40.00 per child

Enrollment: Minimum 5 students, maximum of 20 students per section

Questions: Contact Mrs. D. Bagdzius at (708) 447-8030, ext. 127  
dbagdzius@komarek94.org

### Description:

This class combines high-intensity interval training (HIIT) with strength circuit training in a fun, supportive environment. Set to energizing music, Core Cardio Circuit Camp strengthens and tones your body while cultivating cardio endurance. Plus, each day of the week will target a specific muscle group. This is an excellent class to help prepare students who are considering trying-out for different sports in the 2016-2017 school year. Come develop strength, stability, and endurance with Mrs. Bagdzius - get ready to sweat!