



HEALTHY IN THE HEIGHTS FITNESS CAMP SEPT 10 - NOV 14

Healthy in the Heights Fitness Camp is designed for individuals looking to improve their fitness through accountability, habit change, education, and community building.

KICK - OFF MEETING TUESDAY, SEPT 10 6:30 - 8:30PM

Camp Inclusions

2 Weekly Group Classes: Tuesdays & Thursdays @ 6:30pm
One-Session with a Personal Trainer

Two Saturday Group Challenges (Tentatively October 5 and Nov 2)

Weigh-In and Body Fat Analysis

Dietitian Nutrition Education Night

Q & A with Dietitian & Personal Trainers

Weekly Engagement & Accountability Tracking

Prizes for Winners

***No class October 14 and 17*

Early-Bird Pricing: Members: \$135 Non-Members: \$160

Regular Pricing: Members: \$150 Non-Members: \$175

Early Bird Pricing Ends Sept 3 @ Midnight!

Scan QR Code to
register
Or visit
chprsa.activityreg.com



**Prizes Awarded to Top Finishers
(Men's and Women's Divisions)**

1st Place: 3-Month Ultimate Membership

2nd Place: 3-Month Premium Membership

3rd Place: 10 Punch Rec Center Pass

**Men's/Womens categories must have at least 5 participants or categories will be combined for prizes.*

Camp fees include camp services only. For access to facility amenities including fitness and cardio rooms, pools, and fitness classes, please purchase a membership or punch card.

Cottonwood Heights

Parks & Recreation

