



# Camp W **FITNESS!**

## The Fitness Room



Campers from Dix Hills, Plainview, Commack, Huntington, Syosset come to Camp W can pack on some muscle and burn some calories. The fitness room at Camp W enables campers to engage in physical fitness, strength training, and practice workout techniques all while having fun! The fitness room is fully equipped with stationary bikes, free-weights, dumbbells, workout-mats, boxing stations, abdominal abductors, crossfit ropes, speed-cones, pull-up bars, and much more! Be ready to have fun and learn with coaches, counselors, and fitness enthusiasts that supervise the fitness room here at Camp W! Be sure to bring a refreshing water bottle because in the fitness room we will be running multiple activity stations, workshops and competitions. If you enjoy physical activity and pushing yourself to the limit then the fitness room is the perfect place for you! Be ready to show off your new workout skills, knowledge, and gains to others throughout camp.

In addition, safety is our number one concern. To ensure camper safety, the fitness room is open to campers in grades 3<sup>rd</sup> and up. We look forward to seeing YOU at the greatest daycamp in Suffolk County

