

Refinery and iPower have teamed up to offer kids a new way to be active and involved this summer with two 4-week camps in June and July focusing on the importance of health & fitness for life. **Activate** is the one and only fitness camp of its kind offered in Central Illinois. A partnership between iPower fitness center for women and kids, and *refinery*, the state-of the art health club, **activate** camp will feature elite instructors and personal trainers, a variety of equipment, energizing group fitness classes, outdoor activities, and a nutritional outlet to introduce you and your child to a better way of living. The camp motto is:

### “iPower Myself to Refine Myself”

and our team will make certain each camper does just that. Guest speakers will be featured throughout the camp to give testimonial and advice on their fitness and health lifestyle. A mandatory parent orientation will be held before each session. Orientation dates will be provided with supplemental registration materials.

### Pricing

Classes per Week	4 weeks (member)	4 weeks (non-member)
3	\$ 100.00	\$ 115.00
4	\$ 130.00	\$ 145.00
5	\$ 160.00	\$ 175.00
6	\$ 195.00	\$ 210.00
7	\$ 225.00	\$ 240.00
8	\$ 260.00	\$ 275.00
9	\$ 290.00	\$ 305.00
10	\$ 320.00	\$ 335.00

*Payment due at time of registration. Most major credit cards accepted. Please make checks payable to iPower.*



fitness camp presented by iPower and refinery

### Register at iPower:

1612 S Neil Street  
Champaign, IL 61820  
ipowercu.com  
355-4797

**Contact: Denise Leonard**  
irefinecamp@yahoo.com



## NUTRITION @ WORK



Fitness Center for Women and Kids



**refinery: gym and events**  
2302 west john street  
champaign, IL 61821  
refineyourself.com  
(217) 355-4444

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fitness camp presented by ipower and refinery  
**Session One** June 9 - July 3 **Session Two** July 7 - August 1





## Camp Overview

Throughout the camp, classes will be offered all day Mondays - Thursdays and on Friday mornings. Your child will have the opportunity to base his or her class schedule on their specific desires and availability. He or she can attend up to 10 classes per week.

The first class of the day will be outdoor conditioning activities for all ages and skill levels from 9am-11am Monday-Friday. There will be a supervised lunch hour where participants can eat a healthy lunch they have brought while occasionally enjoying educational, motivational and local celebrity guest speakers from 11am-noon. Lunch will be followed by indoor classes that are listed on our supplementary material. They will be offered in sessions from noon-2pm and again from 2pm-4pm, Monday-Thursday. Classes are subject to change based on enrollment.

*Classes are two hours in length, with approximately 60 minutes of work and the remaining 60 minutes for warm-up, stretching, cool down and education. Each class features a certified instructor and a trainer available to assist students with form and safety. Class schedule will be available the week before each session.*

### Body Jam/ Ballet (8 years and older)

Dance your way into shape and improve coordination and agility at the same time. Combination of hip-hop, salsa and ballet.

### Body Flow/ Movement Training (8 years and older)

Combination of Yoga, Tai Chi, and Pilates. A compliment to cardiovascular or weight training programs. This class will incorporate core strengthening and non-impact, joint-strengthening and stretching exercises.

### Outdoor Conditioning Class (8 years and older)

Outdoor class focused on sport, speed, agility and endurance training. This class for entry level allows your child to do something different every day.

### Turbo Kick (8 years and older)

Turbo Kick combines athletic moves sports drills, hip hop flavor and much more. Great for any fitness level or age!

### Body Pump (12 years and older)

A high intensity full body strength training and cardio class.

### Cycling (12 years and older)

Full body workout on a bicycle. An indoor race with jumps, intervals, hills and sprints set to music.



# Registration

Registration closes **June 1st** for Session 1 and **June 30th** for Session 2

Childs Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

T-shirt size      S              M              L              XL

Name of Parent \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone Number (home) \_\_\_\_\_

(cell) \_\_\_\_\_

(work) \_\_\_\_\_

e-mail \_\_\_\_\_

(if different than above)

Emergency Contact \_\_\_\_\_

Relationship to Child \_\_\_\_\_

Phone Number \_\_\_\_\_

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all Releasees, and, for myself, my heirs, assign, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Signature \_\_\_\_\_  
Parent or Legal Guardian

Date \_\_\_\_\_

Office use only -----

### Number of Classes Per Week Purchased:

Session One (June 9 - July 3) \_\_\_\_\_

Session Two (July 7 - August 1) \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ am/pm Initials \_\_\_\_\_