

Aptitude Fitness

# STRONG GIRLS



*Lift Each Other Up*

A 4 day empowerment camp where the growth for your girl is LIMITLESS. She is STRONG!

- Experience community with peers
- Hands-on healthy snack prep and education
- Discussion on self-esteem, confidence and kindness
- Fun workout EVERYDAY

**When:** July 28- July 31, 2025

**Time:** 1:00-4:00PM

**Age:** Grade K-5

Register Today!

[CLICK HERE](#)  
[TO REGISTER](#)

**Only \$150!**