

## Core Camp Conditioning and Business Workshop

The foundation of sport success for KIDS is built on enhancing athleticism and movement while young. Learn new concepts and exercises and see why Core Camp® 4 KIDS is the ultimate core team program that builds better athleticism in kids in multiple sports.

This workshop provides hands on experience profiling the Core Camp® 4 KIDS program and its business application using cutting edge training and techniques to impact kids sport development immediately and provides you with the opportunity to get kids more active in schools with a cutting edge program.

Great for sport coaches, personal trainers, group fitness instructors, Phys Ed teachers, emergency services professionals, allied health and coaches of kids teams. It is a Fitness Australia Accredited program and an Australian Government accredited schools program.

**Don't miss this great opportunity to join the Ultimate KIDS core conditioning program and business! Go to [www.corecamp.com.au](http://www.corecamp.com.au) to REGISTER now. Places are limited in this workshop.**

### Workshop Details

**DATE:** Sat 15<sup>th</sup> May 2010

**LOCATION:** Ashgrove, QLD

**TIME:** 9:00am - 5:00pm

**COST:** \$249.00

Includes Manual and 20 sided dice.

**A Fitness Australia Accredited Program**

**7 CEC's**

### **PRESENTER**



Joe Waide is the Networks Australian Personal Trainer of the Year 2004 and the Queensland Fitness Professional of the Year 2004, 2005 and 2009 and is a selected Australian Fitness Network Ambassador.

Joe has been involved in the fitness industry for the past 18 years. He works or has worked as a personal trainer, corporate trainer, group fitness presenter, and is the Core Camp® 4 KIDS developer in Australia, he has also trained over 1400 instructors and personal trainers through Australia, Asia, America and New Zealand.

Kids + Play



Hard Work

**FUN!**



[www.corecamp.com.au](http://www.corecamp.com.au)

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