



Contact Information: Mark Greenburg
Owner / Trainer
mark@fredscamp.com

Fred's Camp @ DePaul

Thank you for being a part of our fitness community!

Class Expectations:

1. Footwear: Wear supportive athletic shoes suitable for movement and outdoor activity.
2. Hydration: Bring a full water bottle to stay hydrated during class.
3. Start on Time: Arrive early to ensure classes start promptly.
4. Adults and Children Classes Will Run Concurrently

Saturday 9:00 AM – 9:45 AM

- Adults: Functional Strength & Core — Coach Mark
- Kids: Movement Skills & Games — Coach Max

10:00 AM – 10:45 AM

- Adults: Cardio Conditioning & Mobility — Coach Mark
- Kids: Agility, Balance & Fun Drills — Coach Max

Sunday 9:00 AM – 9:45 AM

- Adults: Total Body Functional Training — Coach Mark
- Kids: Play-Based Fitness Challenges — Coach Max

10:00 AM – 10:45 AM

- Adults: Endurance & Core Stability — Coach Mark
- Kids: Speed, Coordination & Relay Games — Coach Max

Wednesday (*Optional – Adults Only*) 6:00 PM – 6:45 PM

- Fun Run/Walk — Meet at Waveland Park Totem Pole
- Casual, social pace — rain or shine

Fred's Camp @ DePaul					
	Saturday	Sunday	Monday	Wednesday	
9:00am	Court #3 Adults with Coach Mark Functional Strength & Core <hr/> Court #4 Kids: Movement Skills & Games Coach Max	Court #3 Total Body Functional Training Coach Mark <hr/> Court #4 Play-Based Fitness Challenges Coach Max	9:00am Private Josh 1:00pm Private Eleanor	9:00am Private Open 1:00pm Private Bryan 6:00pm Waveland - Totem Pole	
10:00am	Court#3 Cardio Conditioning & Mobility Coach Mark	Court #3 Adults With Coach Mark Total Body Functional Training			

	<div></div> <div>Court #4</div> <div>Agility, Balance & Fun Drills — Coach Max</div>	<div></div> <div>Court #4</div> <div>Speed, Coordination & Relay Games — Coach Max</div>			