



Contact Information: Mark Greenburg

Owner / Trainer

mark@fredscamp.com

Weekly Fitness Program

Saturday Morning

Fall Season September - December

Winter Season January - April

Spring/Summer May - August

Fred's Camp 4 Adults @ 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

Adults

- Functional Strength & Core — Coach Mark: Build strength and stability with functional moves that power daily life.
- Cardio Conditioning & Mobility — Coach Mark: Boost endurance and flexibility with energizing cardio and mobility work.

- Total Body Functional Training — Coach Mark: A full-body workout combining strength, mobility, and endurance.
- Endurance & Core Stability — Coach Mark: Push stamina and strengthen your core for lasting results.

Kids

- Movement Skills & Games — Coach Max: Fun games that build coordination, confidence, and teamwork.
- Agility, Balance & Fun Drills — Coach Max: Exciting drills to sharpen balance, agility, and movement skills.
- Play-Based Fitness Challenges — Coach Max: Creative challenges that keep kids active and inspired.
- Speed, Coordination & Relay Games — Coach Max: Fast-paced games that develop speed, teamwork, and athletic skills.

Classes Meet Weekly

Single Drop-In or Packages Available

No Class During Holiday Weekends (Thanksgiving...etc)

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 Drop-In and Packages Available No Class Over Holiday Weekends To Register email: mark@fredscamp.com					
	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 <hr/> Court #4	Court #3 Adults With Coach Mark Total Body Functional Training <hr/>			

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