



BOUNCE CLASS



PAK ENRICHMENT CAMP (SUMMER) 2025



- THE CAMPERS PARTICIPATE IN BOUNCE FITNESS.
- THEY PERFORM CHOREOGRAPHED EXERCISES ON A MINI TRAMPOLINE SHOES.
- IT HELPS BUILD CARDIOVASCULAR FITNESS.

- IT IS FUN AND ENERGETIC AND BUILDS THE CAMPERS MOOD.
- THEY PARTICIPATE IN FUN, LITTLE COMPETITIVE EXERCISES TO WIN PRIZES.



BENEFITS INCLUDE:
CARDIOVASCULAR
FITNESS
CO-ORDINATION &
AGILITY
LOW IMPACT EXERCISE
MUSCLE TONING
IMPROVED HEALTH
TRAINING &
INSTRUCTION
STRESS RELIEF



