



ABOUT OUR *FACILITIES*

GROUP FITNESS ROOM

We have a group fitness room with enough open space that everyone can have their own space.

This is reserved during our class times for our camp only.

The room gets tons of natural light with two walls of windows and one of mirrors, and the floor in the room is wall to wall rubber gym mat.

EQUIPMENT

We have plenty of conventional and unconventional gym equipment to make exercise engaging and teach practical skills.

We'll use dumbbells, kettlebells, body bars, bosu balls, mini hurdles, bands, and pretty much anything we can think up something creative to use having fun developing skills.

ABOUT OUR *CAMP*

WHO

This camp is for our teen and young adult friends ages 14+ with Down Syndrome.

WHAT

We'll get moving doing activities with varying levels of structure and challenge, learn to never give up, try new things, be creative, make friends, work on practical skills such as coordination, and have fun in the gym.

WHEN

Jun 17 - Jul 26, 2024

Mon & Thu 10am & 6pm

Classes will be 45min with an hour scheduled to have buffer time on either end.

WHERE

At our training facility -
Power 3 Fitness Coaching in Silverton

HOW

Our training program is designed based on years of experience working with special populations. We always actively seek to grow and implement best practices.



6 WEEK SUMMER FITNESS CAMP

For Teens & Young Adults with Down Syndrome

FUN, FRIENDS & ACHIEVING NEW THINGS





OUR *MOTIVATION*

Meet Mr. Kepler Taylor 2.0 the best fighter who never gives up and tries new things! Coach Pete and Kepler have been training together since 2021. In that time, Kepler has built a mantra of never giving up and trying new things, and he actively works on overcoming his fears and discomforts.

He's learned to skip, throw and catch, play basketball, jump and land with 2 feet, do pull ups, rock climb, gotten stronger, improved his coordination, and so so much more. Even with all of that, Coach Pete feels Kepler has probably taught him more during their time together.

Folks with Down Syndrome don't typically have access to programs and activities just for them. Coach Pete and Kepler want to share their experience with others, and that's what our camp is all about.

OUR *CONTACT*



peterjdefranzo@gmail.com




+732-796-8880



7227 Montgomery Rd., Cincinnati, OH 45236



www.p3fit.com

 Send questions!

START A NEW ADVENTURE *SIGN UP TODAY*

ADDITIONAL INFO

- **An adult parent/guardian must be present with your camper for the entire duration of the class.** You'll be welcome to participate or have a seat and enjoy watching!
- There will be a max of 15 campers per class
- All fitness levels are welcome!



PROGRAM DIRECTOR & HEAD COACH

PETER DEFRANZO

Coach Pete is a NASM certified CPT & CES that has been working with special populations since 2017. For him, it is an incredibly rewarding and fulfilling experience. His purpose and motivation to help people is what drives our camp.

ABOUT OUR *FITNESS CLUB*

Power 3 has been faithfully serving our community since 1995. We have consistently demonstrated an impeccable level of integrity and results for our varying client base, not often found in the fitness industry.

PRICING

Early Sign Up \$420
by 6/3

Standard \$520
by 6/15

**ONLY \$35
Per Class!**