



Dear Parents,

The Gillett Recreation Fitness Center is teaming with SmartFITT LLC to host "FITT 4 Life." FITT 4 Life is a youth fitness camp that focuses on building healthy activity choices and teamwork. Core strength, agility, cardiovascular health and flexibility are key principles that will be taught and used during the camp.

FITT 4 Life is an outcome-based, 12 session camp. Sessions will be held Monday-Wednesday starting November 21<sup>st</sup> and running through December 14<sup>th</sup>. An orientation for parents and youth will be held Thursday, November 17<sup>th</sup> at 5:30 pm. Preliminary fitness testing will also take place on November 17<sup>th</sup>.

Youth ages 12-15 are invited to attend this innovative camp. A camp fee of \$120 will be required to be paid in full by November 17<sup>th</sup> in order for your child's spot to be reserved. Please contact Exercise Physiologist, Beth Huschle, with any questions.

Beth Huschle  
Exercise Physiologist

**SmartFITT LLC**[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.]

(218) 779-2873  
[beth@mysmartfitt.com](mailto:beth@mysmartfitt.com)

Sincerely,

A handwritten signature in black ink, appearing to read 'Duane Biehn', written in a cursive style.

Duane Biehn  
Associate Director  
Gillett Recreation-Fitness Center

A handwritten signature in black ink, appearing to read 'Beth Huschle', written in a cursive style.

Beth Huschle  
Exercise Physiologist  
SmartFITT LLC