

# George School Performance and Wellness Services to Camp Pennbrook

*New coaches, new facility, new experiences...*

*Don't miss out on a great opportunity to add personal training to your time at Camp Pennbrook!*

- GSPW Coaches are readily available to provide high-level private training sessions to complement your fitness activities at Camp Pennbrook this summer. Located in the state-of-the-art George School Fitness and Athletics Center, the GSPW team is well equipped with the facilities and expertise to provide superior exercise experiences for campers.
- Individuals who participate in training sessions will benefit from the initial Risk for Injury Assessment, followed by exercise programs rooted in injury prevention and corrective exercise. Any pre-existing injuries will also be discussed and addressed.
- Mike Rothwell is Fitness Director at George School Performance and Wellness. Mike holds a BS in Exercise and Sports Science from Temple University. Since then, Mike has gone on to become a certified personal trainer, with advanced training in Applied Functional Science, Behavior Modification, Sport Specific Program Design, Corrective Exercise and Injury Prevention. Mike uses his wide variety of interests (softball, kickboxing, hiking and weightlifting) to keep workouts fun and challenging.
- Gab Crespo is the Associate Fitness Director at George School Performance and Wellness. She earned a BS in Health and Exercise Science with minors in Music and Psychology from The College of New Jersey, and is a Certified Strength and Conditioning Specialist (CSCS). Gab's background is strongly rooted in dance, which led her to obtain a Zumba Instructor License and a love for all group exercise classes. Gab takes pride in creating a fun and motivational environment for all of her athletes!
- If you are interested in signing up for individual (private) or small group (semi-private) training sessions and have any questions, please call the GSPW office at 215-579-6698 or email - [mrothwell@georgeschool.org](mailto:mrothwell@georgeschool.org).
- **No Refunds**

<b>Camper's Name:</b>			
<b>Private Sessions (\$75)</b>	<b>Semi Private (\$35)</b>	<b>Half-hour Private (\$40)</b>	<b>Total Sessions</b>
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**Accepted forms of payment – check, cash and credit card**

- Enclosed you will find my check/cash
- Please charge my credit card

**TOTAL VALUE**

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**Card Number** \_\_\_\_\_

**Exp. Date** \_\_\_\_\_

**Name on Card** \_\_\_\_\_

**Billing Address** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_