

George School Performance and Wellness - Camp Pennbrook



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 directed towards the individual's needs and goals. Any pre-existing injuries will also be discussed and addressed.
- Ian McArdle is the Fitness Director at George School Performance and Wellness. As a Certified Strength & Conditioning Specialist, he strongly believes in developing strength through every-day movement patterns in order to feel more healthy, capable, and confident in one's body. With a background strongly rooted in soccer and sports movement, he loves all the sports we have on campus. Ian takes pride in creating a fun and motivational environment for all athletes!
- If you are interested in signing up for private or semi-private (2-4 people) training sessions and you have any questions, please call the GSPW office at 215-579-6698 or email - imcardle@georgeschool.org.
- **No Refunds**

Camper's Name:		Dates Attending:	
Private Sessions (\$75)	Semi Private (\$35)	Half-hour Private (\$40)	Total Sessions
_____	_____	_____	_____

Accepted forms of payment – check, cash and credit card

Enclosed you will find my check/cash

Please charge my credit card

TOTAL VALUE

= _____

Card Number _____

Exp. Date _____

Name on Card _____

Billing Address _____

Zip Code _____

Signature _____

Date _____