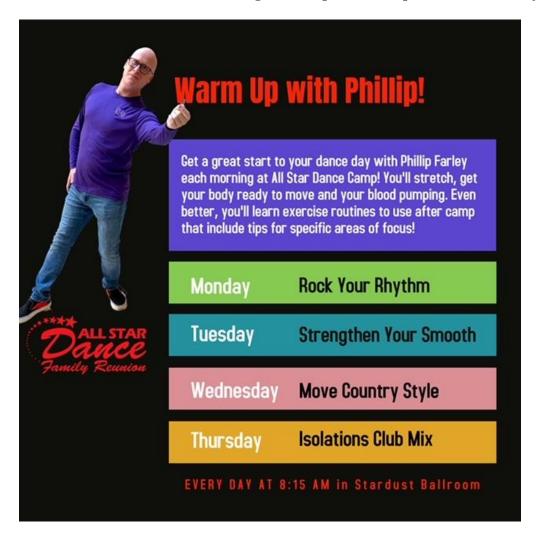


## Warm Up with Phillip Farley

Each year Phillip Farley strives to make our early morning warm up classes not only helpful but interesting. This year he is upping the game by making each morning's workout technique dedicated to one of the specific styles we teach. Look below to see what exciting warmups he has planned for this year.



If you have any questions, please e-mail Rubye Del Harden, our Camp Director at <a href="mailto:rubyedel@gmail.com">rubyedel@gmail.com</a>. She loves to answer camp questions!