



Church Fitness Enrichment Program

Bringing Fitness Directly to Your Campus

Together We Grow

CHAMPS



THE PROGRAM

ComboFit is a fitness program that combines fitness and martial arts-inspired movement with upbeat music and interactive games to create a fun, non-contact workout kids love.



ComboFit brings fitness and health directly into your church.



For parents, it means their children can enjoy the benefits of a fitness program without extra driving, scheduling, or stress.



Everything happens at church, making healthy activity easy and accessible for every family.





THE PROGRAM

Warm-Up:

Fun stretches and light cardio to get kids moving and ready



Games & Challenges:

Interactive activities that build teamwork, confidence, and focus



Skills Building:

Music-powered workout with fitness and martial arts inspired exercises that improve coordination, confidence and strength



Cool-Down:

Deep breathing and reflection to reset for the day

ComboFit don't just add a class,
we create a positive experience that
strengthens your church community





Helping Students Become CHAMPS

CHAMPS is the heart of our program
teaching values that students carry for a lifetime.

C

● — ● CONFIDENT

H

● — ● HEALTHY

A

● — ● ACHIVING

M

● — ● MINDFUL

P

● — ● PERSEVERANT

S

● — ● STRONG

ComboFit empowers kids,
CHAMPS for a lifetime

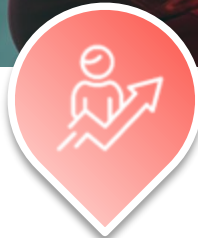


CHAMPS Journey

Kids stay motivated when they can see their progress. With CHAMPS, every color level and star celebrates their effort, focus, and achievement. Making growth fun and exciting.



Color levels show advancement and keep kids excited.



Stars reward consistency and personal growth.



Recognition builds confidence, teamwork, and perseverance.



The Champs journey keeps kids motivated, engaged, and proud of their progress, while building successful life skills.

1

EMERGING CHAMP



2

RISING CHAMP



3

MIGHTY CHAMP



4

ALL-STAR CHAMP



5

TITAN CHAMP



6

SUPER CHAMP



7

EPIC CHAMP



8

LEGENDARY CHAMP



9

ULTIMATE CHAMP



THE POWER OF MOVEMENT

Movement isn't just about exercise
It transforms the way students learn and grow.



CHILD DEVELOPMENT

Confidence, teamwork, and perseverance built through movement carry into academics and life.



HAPPIER FAMILIES

Active kids tend to have improved emotional regulation and attention spans, making homework, routines, and communication easier for parents.



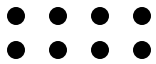
COMMUNITY ENGAGEMENT

Increase student and parent moral and reinforcing church values.



CALMER CLASSROOMS

Students return ready to learn. Becoming respectful leaders and positive examples for their peers.



WHAT WE PROVIDE

Our partnership includes a variety of ways to support your church community.



Assemblies

Assemblies focused on fitness, goal setting, and health & safety, while reinforcing the values and messages most important to your church.



Events

Adding excitement to church events, and, festivals with interactive booths and activities.



Classroom Talks

Engaging children's ministry groups with lessons that promote character, teamwork, and healthy living through custom talks and resources.



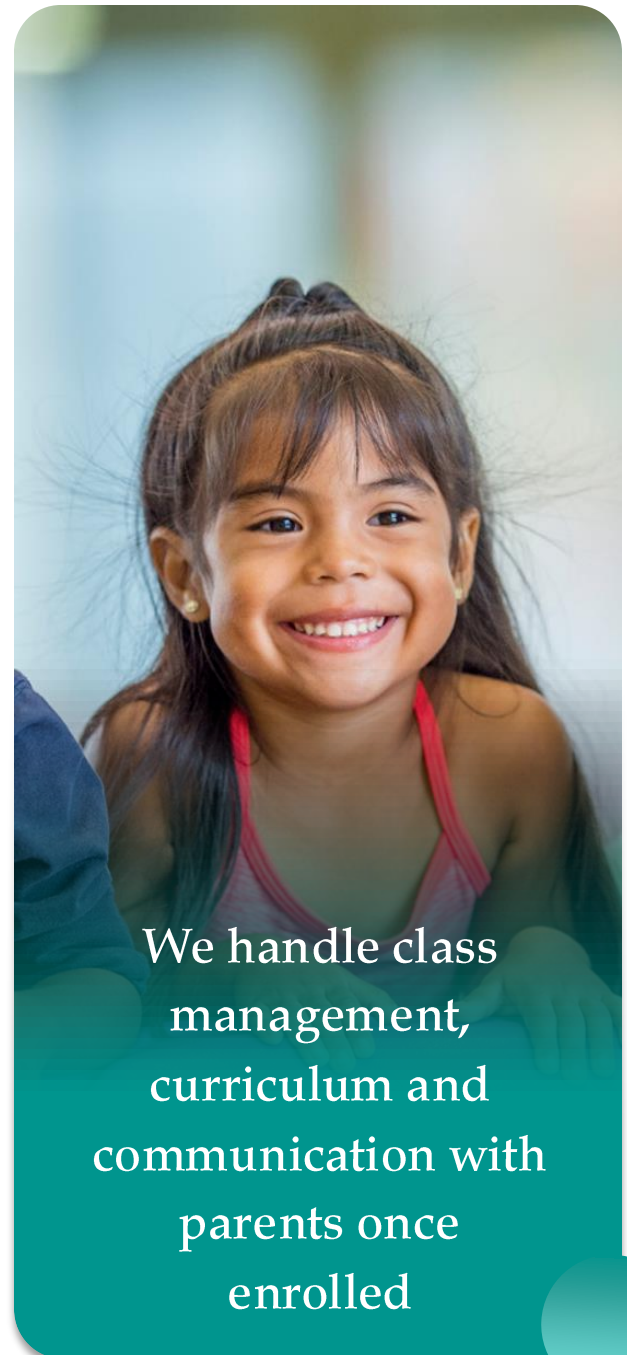
Leader Support

Providing added support for children's ministry leaders and volunteers to help reinforce positive values and expectations.



Staff Bonding Workshops

Strengthening staff relationships with engaging and collaborative activities.



We handle class
management,
curriculum and
communication with
parents once
enrolled



FLEXIBLE FUNDING OPTIONS

Church-Funded

Churches with a budget can provide full program coverage.

No cost to parents.



Shared Pay

Churches with a limited budget can split program costs with parents for an affordable, balanced option.

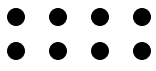


Member-Funded

Churches with no budget.

We manage all enrollments and payments.





SIMPLE FOR CHURCHES

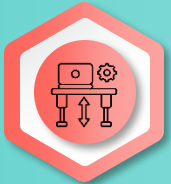


Built Around Your Church Schedule

Combo Fit is designed to fit seamlessly into your church's calendar, making it easy to integrate.



Flexible scheduling:
We adapt to your church's schedule.



Any space works:
Classes can take place in a gym, classroom, or outdoor area.



We bring it all:
Coaches, equipment, music and energy are provided by us.

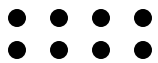


Minimal church needs:
All you provide is the time slot and the space.



No extra work for staff:
We can handle all communication and enrollments..

HOW TO PARTNER WITH US



1

Confirm Your Class Program:
Kids – Teens - Adults



2

Select A Schedule That Fits Your Church



3

We Supply Your Church With a Step-By-Step
Plan and Member-Ready Materials



4

Class Starts!
Watch Your Members Grow Into Champs



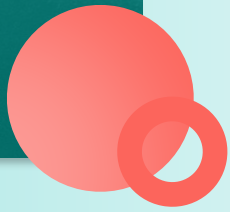


OUR PURPOSE



We believe
everyone has a
champion inside,
our mission is to
bring it out

Kids – Teens - Adults





BRING COMBO FIT TO YOUR CHURCH

Programs for Kids, Teens & Adults



CONTACT US



(916) 796-8522



Coach@ComboFitChamps.com



www.combofitchamps.com

