



Church Fitness  
Enrichment Program

Bringing Fitness Directly to Your Campus

**Together We Grow**

**CHAMPS**



# THE PROGRAM

ComboFit Champs is a martial arts inspired fitness program with upbeat music and interactive games for a fun workout that builds confidence, focus, perseverance and good habits that last a lifetime!



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 doesn't just add a class,  
we create a positive experience that  
**strengthens your 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.



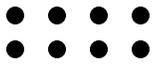
## COMMUNITY ENGAGEMENT

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 / Seminars

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.



## Staff Bonding Workshops

Strengthening staff relationships with engaging and collaborative activities.



## Leader Support

Providing added support for staff, educators, and program leaders with tools and activities that help reinforce positive expectations and group engagement.

Special Thanks  
50% Off  
For Staff



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



# FLEXIBLE FUNDING OPTIONS

## Organization- Funded

Organizations with a budget can provide full program coverage. No cost to parents.



## Shared Pay

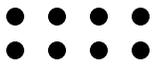
Organizations with a limited budget can split program costs with parents for an affordable, balanced option.



## Member-Funded

Organizations with no budget. We manage all enrollments and payments.





# SIMPLE FOR YOU

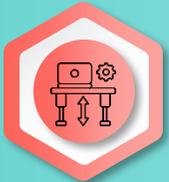


## Built Around Your Schedule

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



**Flexible scheduling:**  
We adapt to your 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.

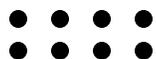


**Minimal needs:**  
All you provide is the time slot and the space.



**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 You**



3

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



4

**Class Starts!**  
**Watch Your Members Grow Into Champs**



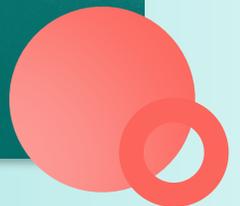


## OUR PURPOSE



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

Kids – Teens - Adults





# BRING COMBO FIT TO YOU

Programs for Kids, Teens & Adults



## CONTACT US

 (916) 517-7734

 Coach@ComboFitChamps.com

 [www.combofitchamps.com](http://www.combofitchamps.com)

