

# CHRIST COVENANT CAMP'S



We are excited to announce...

## *Wonder Woman Workout*

... led by faculty member Shelby Buterbaugh, is coming to Christ Covenant Camp Summer 2022.

### Dates

June 1-3

1pm-4pm

Rising 7<sup>th</sup>-12<sup>th</sup>

### ABOUT ME

I grew up in Wilmington, NC and I am a beach girl through and through! I went to Harding University where I graduated with a degree in Mathematics with Licensure. I then received my master's in mathematics education from ECU in 2018. This



is my sixth-year teaching. Five of the six have been in high school teaching just about every subject! I've taught Algebra 1, Algebra 2, Geometry, and Pre-Calculus, but my favorite is Geometry! Outside of teaching, I love to play and watch sports, workout, read, and of course, go to the beach! I also love math puns because I think they're hilarious! I am married to my wonderful husband, Ben and we have the sweetest puppy, Bristol!

REGISTER FEBRUARY 1<sup>ST</sup>  
ONLINE AT  
[CHRISTCS.COM/SUMMERCAMP/](http://CHRISTCS.COM/SUMMERCAMP/)

\$100

### From the Instructor...

Working out is one of my favorite activities! I loved doing it in high school but didn't have the knowledge of what I should do or how I should do it. The great thing about exercise is that you don't have to go to a gym or have fancy equipment to do it! Moving your body can happen in many different ways. Learning how to appropriately workout is so important to prevent injury, but more so it can strengthen your body, mind, and spirit! In this session, we will spend each day learning how to properly warm up and cool down. We will learn different techniques and types of classes, such as Barre, Pilates, and Plyometrics, that you can do at home, on your own, or with others at the gym!