

CHP CHAMPIONS is going VIRTUAL



Our staff has come up with this platform to offer options for physical activity for our students and their families to engage in during the summer.

The workouts come straight from the CHAMPIONS curriculum and our coaches filmed them to guide you through each exercise. Our workouts focus on strength, speed, agility, mobility and endurance. We've also added some fun Challenges and Activities to do throughout the summer with your friends and family. This platform is designed to be fun and interactive for the whole family.

Visit titusprograms.com, click on the Summer tab to get MOVING!