

ADULT GYMNASTICS

CLASSES FOR THE YOUNG AT HEART

BEGINNER CLASS – 1 HOUR

This class focuses on the basic fundamentals of gymnastics utilizing beam, bars, vault and floor

- No gymnastics experience required
- Improves strength and flexibility
- Work at your own pace and skill level

ADVANCED CLASS – 1 ½ HOURS

For those who are looking for a greater challenge.

- geared towards obtaining the strength, stamina, & flexibility needed to obtain new skills for routines.

Come and try a class, you might surprise yourself!

ADULTS - 18 and up						
Ages		Monday	Tuesday	Wednesday	Thursday	Friday
18 and up	Pay By Class \$15.00	7:30-8:30p				
Advanced	(1.5 hours) \$20.00	7:00-8:30p		7:00-8:30p Enrollment Only		

Adult Gymnastic (9 Week Session)

1 class per week \$125.00
 2 classes per week \$235.00
Pay by Class \$15.00

Advanced (1.5 hours)

1 class per week \$160.00
 2 classes per week \$310.00
Pay by Class \$20.00