

# ADULT GYMNASTICS

## ***CLASSES FOR THE YOUNG AT HEART***

The 1 hour 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

The 1.5 hour class is 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!***

| <b>ADULTS - 18 and up</b> |               |                |                  |                 |               |
|---------------------------|---------------|----------------|------------------|-----------------|---------------|
|                           | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> |
| 1 Hour                    | <b>7:30p</b>  | <b>7:30p</b>   | <b>7:30p</b>     | <b>7:30p</b>    |               |
| 1.5 hour                  | <b>7:00p</b>  | <b>7:00p</b>   | <b>7:00p</b>     | <b>7:00p</b>    |               |

### **1 Hour Rate – 9 Week Session**

|           |          |
|-----------|----------|
| 1 Class   | \$125.00 |
| 2 Classes | \$235.00 |
| 3 Classes | \$325.00 |
| 4 Classes | \$400.00 |

**Walk-In Pay by Class - \$15.00**

### **1.5 Hour Rates - 9 Week Session**

|           |          |
|-----------|----------|
| 1 Class   | \$160.00 |
| 2 Classes | \$310.00 |
| 3 Classes | \$430.00 |
| 4 Classes | \$540.00 |

**Walk-In Pay by Class - \$20.00**

### ***2017-2018 SESSION DATES***

|           |          |    |               |
|-----------|----------|----|---------------|
| Session 1 | Sept 8   | to | Nov 9, 2017   |
| Session 2 | Nov 10   | to | Jan 25, 2018  |
| Session 3 | Jan 26   | to | April 5, 2018 |
| Session 4 | April 06 | to | Jun 14, 2018  |
| Summer    | June 20  | to | Aug 22, 2018  |