

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!

ADULTS - 18 and up					
	Monday	Tuesday	Wednesday	Thursday	Friday
1 Hour	7:00-8:00p	7:00-8:00p		7:00-8:00p	
1.5 hour	7:00-8:30p	7:00-8:30p		7:00-8:30p	

9 Week Session	
1 Hour	\$125.00
1.5 Hour	\$160.00

<u>Walk-Ins</u> Always Welcome!	
1 Hour	\$15.00
1.5 Hour	\$20.00

<i>2018-2019 SESSION DATES</i>			
Session 1	Sept 7	to	Nov 8, 2018
Session 2	Nov 9	to	Jan 24, 2019
Session 3	Jan 25	to	April 4, 2019
Session 4	April 5	to	Jun 13, 2019
Summer	June 19	to	Aug 20, 2019