



# ADULT CLASS!

STARTING JUNE 7, 2016 WEDNESDAY'S 8-9 PM

INTERESTED IN LEARNING GYMNASTICS OR IMPROVING YOUR STRENGTH, FLEXIBILITY, AND BODY AWARENESS? COME JOIN OUR ADULT CLASS!

WHAT ARE WE GOING TO DO?

- STRETCHING
- STRENGTH TRAINING/WORKING OUT
- TUMBLING BASICS

WHAT IF I HAVE NEVER DONE GYMNASTICS?

- IT DOESN'T MATTER! THIS CLASS IS OPEN TO ALL ADULTS OF ALL SKILL LEVELS!

WHAT IS THE COST?

- PAY AS YOU GO, \$20/CLASS

HOW DO I GET STARTED?

- GO SEE THE FRONT DESK TO FILL OUT YOUR REGISTRATION FORM AND GET SIGNED UP!