



## Teen Gymnastics

(Must be 11 years to 17 years)

Tuesdays ★ Fridays ★ Saturdays  
6:00 – 8:00 / 5:30 – 7:30 / 12:00 – 2:00  
\$155 per month for one class each week  
\$230 per month for two classes each week

This class will combine flexibility and strength training with instruction on tumbling and apparatus skills.  
Beginner through advanced levels.

## Adult Gymnastics

(Must be 16 years or Older)

Tuesdays ★ Thursdays  
8:15 p.m. – 10:15 p.m.  
\$20.00 per Class with a 10-Class Card or \$30 Drop-In Fee

This class will combine flexibility and strength training with instruction on tumbling and apparatus skills.  
Beginner through advanced levels.