

NOW WE ARE OFERING ADULT GYMNASTICS CLASSES

Come join the adult gymnastics class that incorporates balance, flexibility, stretching and strength while maintaining and enhancing your gymnastics abilities. It is the perfect work out that uses every muscle in your body and helps develop gymnastics skills for all levels. Fun, rigorous and challenging for the former gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed.

Everybody Welcome.



Stretching, jumping, running, and tumbling are all part of an overall physical agenda that can reduce the risk of many diseases. This co-ed class begins with a warm-up period, and then you will work with an instructor at your own level from basic to advanced skills. We teach you at your own pace.

***Our adult classes meet Mondays from 8:00-9:00pm
at only \$70 per month!***