

## Gym Warriors

This class is offered to boys ages 6 to 13 and consists of beginner, intermediate, and advanced gymnastics skills as well as ninja obstacle strength training.

The athletes will be developing skills for the six Olympic men's gymnastics events (High Bar, Rings, Parallel Bars, Pommel Horse, Floor Exercise, and Vault) as well as additional events (Ninja Courses, Trampoline, Tumble Track, etc.). Classes will include exercises and strength stations geared towards building arms, core, and total body strength that will better prepare them for a future in gymnastics as well as other sports.

**(We accept Cash, Check, or Cards)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>THURSDAY</b>
4:15 – 5:15	4:15 – 5:15	4:15 – 5:15
5:30 – 6:30	5:30 – 6:30	5:30 – 6:30

**Ages 6y-13y**

**However, class will not open with less than four children.**

**You can choose another class time or opt for waiting list.**

Annual Registration Fee: \$40.00

*(per student, 4 student max)*

Monthly Tuition Fee: \$65.00

Sibling Monthly Tuition \$58.50

Each student is allowed one make-up class per month. There is a 30-day window from the class missed to schedule a make-up. Please contact the office, 615-465-0300, to schedule this make-up class.