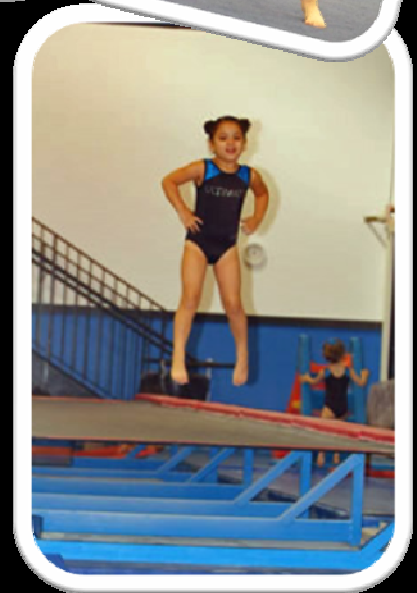


# ULTIMATE GYMNASTICS

## Home School Gymnastics & Physical Fitness Classes



The Home School Gymnastics program provides a well rounded fitness experience. The focus of this class is on basic gymnastics skills, tumbling, and fitness skills such as running, sit-ups, pushups, and other conditioning. We will also do many fun activities like jumping on the trampoline, parachute, relay races, and playing in our HUGE foam pits. This class provides homeschooled athletes with an environment that promotes self-discipline, self-confidence and self-esteem.

**TUESDAYS 11:00-12:00**

**THURSDAYS 1:00-2:00**

**For Ages 5-11**

**CLASS COST: \$65/month**



**REGISTRATION BEGINS: May 4<sup>th</sup>, 2009**

**CLASSES BEGIN: August 10<sup>th</sup>, 2009**