

# GYM EXTREME



## WORLD FREERUNNING & PARKOUR FEDERATION



### Urban Gymnastics Instruction for Boys and Girls 6 to 22 years old

With the growing popularity of Urban Gymnastics / Free Running,  
we have worked hard to develop this great new series of classes and "Jam" sessions.

At ACG, we offer safe instruction that will put your body to the test! Whether you want to learn to flip, cross train for other sports, or get strong and flexible for Urban Gymnastics, the Gym Extreme program is designed for you!

#### Gym X I

(6-22 Beginner)

Monday 4:15-5:15pm, 6:45-7:45

Tuesday's 4:45-5:45 (younger) 6:00-7:00

Wednesday's 1:45-2:45 (Younger) 6:45

Thursday 3:15-4:15

Friday 1:30-2:30, 4:15-5:15

Saturday 9:45-10:45

1hr per week \$70 per month prepaid

#### Gym X II & III

(6-22 Intermediate/advanced)

Tue 11:00-12:00pm

Wed 5:30-6:30m Thur 4:30-5:30

Friday 5:30-6:30 Sat 11-12pm

1hr per week \$70 per month prepaid

#### Gym X III

(6-22 Advanced)

Monday 5:30-6:30/ Thurs 6-7pm

Friday 2:45-3:45

### Urban JAM/Aerial Awareness Thur 7:30-8:30pm ! (Ages 12 to 22)

This 1hr once per week session is a coach supervised "JAM" session where you work on the skills you already have, focused on Urban Gymnastics Obstacle Course format!

Thursday's 8:00 - 9:00 pm / 1hr per week \$25 per month pre paid / 1hr per week \$10 per class

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