

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!

Don't Try This at Home I

(6-22 Beginner)

Tuesday's 6 - 7 pm / 7 - 8 pm
&

Wednesday's & Thursday

5:30 - 6:30 pm

1hr per week \$70 per month prepaid

Don't Try This at Home II

(6-22 Intermediate)

Wednesday's & Thursday

6:30 - 8:00 pm

1hr 30min per week \$80 per month prepaid

Don't Try This at Home III

(6-22 Advanced)

Wednesday & Thursday's 6:30 - 8:00 pm

1hr 30min per week \$80 per month prepaid

Urban JAM! Thursday 8-9 pm (Ages 12 to 22, maximum 60 Athletes)

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!

Avant Coeur Gymnastics 6360 Sunshine Street, CDA, Idaho 83815 772-9443 www.cdagym.com