



# LOOKING FOR A CHALLENGE?

Join us! Our new Training Track program is a work out similar to that of our competitive teams! These practices will offer an experience providing more time in the gym, more strength, flexibility and conditioning and even *more* focus on the precision and the execution of gymnastics skills.



Raise the bar, get stronger & challenge yourself!

## ARE YOU UP TO IT?

90-minute classes held twice per week

Tuesday & Thursday 5-6:30pm

Cost: \$300 for the 11-week session