

Recreational Gymnastics • Teen Fitness • Spring 2022

SESSION DATES

Mar 31, 2022 – June 26, 2022 (TWELVE WEEK program, off week: April 18 – 24)

PROGRAM DETAILS

Boys and girls ages 11 and up. All classes include Cardio, Fitness, Stretching and Conditioning.

Please contact *Program Director Roschen Shapiro (646) 861-8459* for all inquiries and evaluations. **Drop-in (first-timers only)**

<u>Class</u>	<u>Ages</u>	<u>Instruction</u>	<u>Day and Time</u>
<input type="checkbox"/> Teen Fitness	11+up	one 2-hour class weekly	Thu 7 pm – 9pm Tue 7 pm – 9 pm

Recreational Gymnastics • Spring 2022

SESSION DATES

Mar 7, 2022 – June 26, 2022 (FIFTEEN WEEK program, off week: April 18 – 24)

PROGRAM DETAILS

All classes include Rhythmic Gymnastics, Dance and Ballet

Evaluation: Sunday – 10am, must be scheduled with *Program Director Roschen Shapiro (646) 861-8459*

<u>Class</u>	<u>Ages</u>	<u>Instruction</u>	<u>Choose Day and Time</u>
<input type="checkbox"/> Beginner	3 – 5	one 1 hour class weekly	Wed 5 – 6; Sun 1 – 2
<input type="checkbox"/> Advanced	6 –10	one 2 hour class weekly	Tue 5 – 7; Thu 5 – 7; Sun 11 –1

GENERAL TERMS

For pricing and all other details, please contact the front desk (718) 866 – 1031 or visit us at 9000 Bay Parkway, Brooklyn