



Home of 2012 & 2016 Olympian Steven Gluckstein
Come be a part of the Olympic movement!

Adult Program

Ages: 18+

Entails: 15 minutes of Tumbling
 45 minutes of Trampoline
 (60 minutes total)

In this 60-minute Adult class you will learn the foundation of trampoline-gymnastics while getting a great and fun workout! You'll certainly surprise yourself with how much you will learn, how much the sport tones your core, and how fun it is. Whether you're looking for a workout, or a challenge, this class fits all. Everyone begins learning the very basics and progresses at his/her own speed, safety is of our top priority! Some skills you'll learn in the beginning include straight jumps, tuck jumps, straddle jumps, and seat drops. Progressions and drills will be taught to those interested in flipping as well!

Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00pm	9:15-10:15am			11:00-12:00am	

*If you have at least 4 adults looking to join together, a new class at an agreed upon day & time may be opened

*Pricing & Discounts on back of paper

Pricing:

	5 Class Package	10 Class Package	15 Class Package
1 hour class	\$125	\$220	\$300

*There is an addition \$50 registration fee due once per year

Discounts:

-Referral Program

(\$15 off of your next term's tuition for every new member sign up referred by you)

-Second Class

(20% off your second class of the same term)

-Siblings

(receive 10% off your second child's tuition and 15% off for every child after that)

-Members Open Bounce

(\$5 off Open Bounce if you are a current registered student)

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