

eliteTRAMPOLINEACADEMY

Adult Program

In our **Adult Program** 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! This 60-minute class includes 15 minutes of tumbling and 45 minutes of trampoline

	5 Class Package	10 Class Package	15 Class Package
1 hour class	\$130	\$230	\$315

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11:00-12:00p m		11:00-12:00pm	

Pricing: Pricing does not include an annual registration fee.



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