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# ADULT TUMBLING



Can't commit to a weekly class? Join us for drop in training. Adult Tumbling is a drop in session where former and new athletes can practice and regain their tumbling and fitness skills. This class can help with strength, flexibility and provide a fun way to workout. All beginner, intermediate and advanced adults are welcome. This class is structured with a coach who will guide everyone through warm ups, line drills, conditioning and the goals of the participants in the class whether it's cartwheels or a tumbling pass.

**Time:** Wednesdays from 5:30 PM – 7 PM (Starts September 5<sup>th</sup>)

**Ages:** 18 and older

**Where:** Butler-Mason YMCA Gymnastics Center

**Cost:** \$25 per class (drop-ins welcome)

Or \*\$75.00 per punch card for 4 visits

*\*punch card for Members only - card expires one year from date of purchase*

*\*24 spots available*

*\*MUST have a minimum of 5 participants per class*

**For additional information please contact:**

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