

Drop in recreational bar clinic

**55 MIN OF STRENGTH AND SKILL BUILDING
ACTIVITIES TO GAIN SKILLS ON THE
GYMNASTICS UNEVEN BAR.**

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED!



**WORK
HARD
EVERYTHING
IS POSSIBLE**

**TIME TO SIGN UP FOR THE
FOLLOWING DATES**

APRIL DATES AND TIMES:

4/8 TUESDAY 5:30-6:25

4/10 THURSDAY 7:00-7:55

4/12 SATURDAY 9:30-10:25

4/17 THURSDAY 7:00-7:55

4/26 SATURDAY 9:30-10:25

**GREAT FOR AGES 5 AND UP TO
BUILD STRONG CORE AND ARMS**

**\$35
DROP IN
FEE**