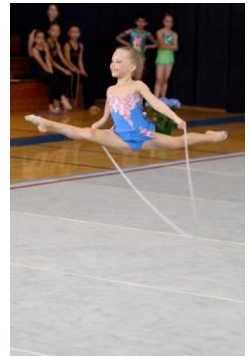


SAN DIEGO RHYTHMS PRESENTS

Rhythmic Gymnastics

For Ages 4 and up

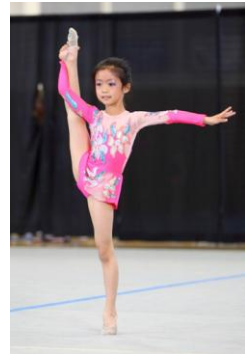
*GYMNASTICS choreographed
to MUSIC and includes
Elements of BALLET, PILATES
and MODERN DANCE*



www.sdrhythms.com

858 945 4114

info@sdrhythms.com



The Most Beautiful Olympic Sport

Exercises with HOOPS, BALLS, ROPES, RIBBONS, and CLUBS



- Rhythmic Gymnastics will create**
- ✓ Perfect POSTURE & BODY LINES
 - ✓ Develop FLEXIBILITY & BALANCE
 - ✓ Improve PHYSICAL FITNESS & COORDINATION



*Small Classes, every child receives a lot of
personal attention*

Winter Holidays Show December 17

2:30 – 6:30 pm. Admission is FREE

Lawrence Family JCC. 4126 Executive Dr. La Jolla



FREE LESSON & T-SHIRT WITH ENROLLMENT



Carmel Valley
Boys & Girls Club
3800-A Mykonos Ln.
San Diego, CA 92130

