

PEG BOARD WALL!

CLIFF HANGERS!

NEW OBSTACLES EVERY WEEK!

Achievers Ninja Warrior Training!

Achievers Ninja Warrior Training is a program inspired by the recent popularity of American Ninja Obstacle Course training!

15' WARPED WALL!



Risk
FREE
Trial Class



Obstacle course training is the new wave in sports and fitness. If you are looking for a fitness program for your children that compliments your child's sport of choice, obstacle course training improves endurance and heart strength, as well as balance, flexibility, agility, and overall strength.

SALMON LADDER!

What is Achievers Ninja Warrior Training?

Achievers has developed a curriculum to provide obstacle training classes for kids. (Boys & Girls ages 7-17) The classes will focus on improving core strength, upper body strength, flexibility and agility, which will promote better technique, improve athletic performance and build confidence in a fun environment. The student will work on moving through an environment or a series of obstacles with fluidity & prowess. Each session will last 55 minutes. Classes offered are Co-ed.

MON/WED/THUR/FRI

AGES 7-9

AGES 10-17

(CO-ED)

Call for class times



Cost: \$75 a month

(1 Class per week)

+ Annual gym membership

Call Achievers for more information 940-484-4900

www.achieversgymnastics.com