

PEG BOARD WALL!

CLIFF HANGERS!

NEW OBSTACLES EVERY WEEK!

# Achievers Ninja Warrior Training!

Achievers 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 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. They will use combinations of spins, rolls, jumps & flips while combining gymnastics, tricking, martial arts, obstacle course training and street dance.

Each session will last 50 minutes. Parents can drop off or stay to watch the class.

MON/WED/THUR/FRI

AGES 7-9

AGES 10-17

(CO-ED)

Call for class times



Cost: \$70 a month + Annual gym membership

Call Achievers for more information 940-484-4900

[www.achieversgymnastics.com](http://www.achieversgymnastics.com)