

BLAKE'S GYMNASTICS TRAINING ACADEMY

# BOYS GYMNASTICS

**STRENGTH • FLEXIBILITY • TUMBLING**



COACHES WILL GUIDE THE BOYS  
THROUGH THE  
FUNDAMENTALS OF GYMNASTICS  
& DEVELOPE THEIR  
STRENGTH AND FLEXIBILITY



MONDAY

JUMPING & TUMBLING TOTS ♦ 3:15-4:00PM (3-4 YRS)

MONDAY AND/OR WEDNESDAY

BOYS GYMNASTICS ♦ 4:00-5:00PM (5-7 YRS)

BOYS TEAM ♦ 5:00-8:00PM

PARKOUR/NINJA WARRIOR ♦ 7:15-8:15PM

## BOYS COMPETITIVE GYMNASTICS TEAM



Coach Lance leads our NEW Boys Competitive Gymnastics Team. As a 3 time Illinois State Gymnastic Champion he knows how to inspire and train the team. Boys will be trained on the high bars, rings, parallel bars, pommel horse, and floor.

*Call for more information or a trail class*

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