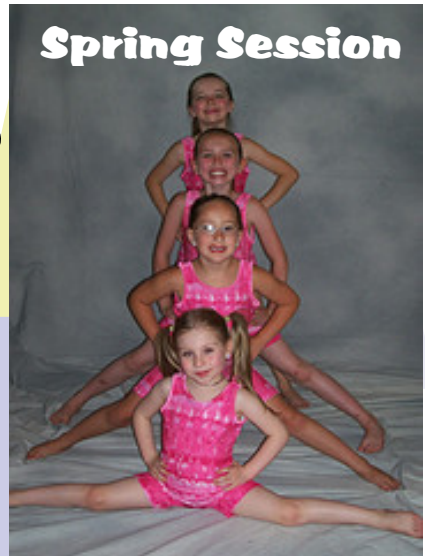


Gymnastics Tumbling



This 8 week program introduces your child to gymnastics and tumbling.

Emphasis is placed on Technique and Safety.

Class sizes limited, instructors added as necessary.

Open to all levels, no previous experience necessary.



Stations :

- *stretch and technique
- *walkovers/back handsprings
- *balance and coordination
- *split conditioning/flexibility
- *cartwheels, round-offs, etc
- *stations added based on ability

Open to all levels. Ages 7+

Course # 142 Sunday 2:00-3:00pm
Begins March 21

Course # 130 Friday 6:00-7:00pm
Begins March 26

Cost: VIP member \$69 Nonmember \$99
Drop in fee: VIP Member \$12 Nonmember \$15

The New
Spa 23
Health & Racquet Club

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(973)839-8823 www.Spa23.com