



# NINJA GYMNASTICS

AT THE SHREWSBURY CLUB



**January 26th– March 29th**

**10 Weeks Session Mem \$175, Non Mem \$225**

**Drop in rate: \$28 per class**

**Ages 4-12**

**Fridays 4:00pm-5:00pm**

Introducing Ninja Gymnastics, a fun obstacle based athletic/gymnastic program for kids!

Improves flexibility, increases agility and balance, strengthens core and improves focus.

Classes will be divided into age groups & coached through our NINJA course by our instructors and certified personal trainer.

**A great introduction to FUN cardio & exercise, for a healthier, happier kiddo!**

**SAVE 10%** with enrollment in other youth programs

**For more information please contact our Rec Gymnastics Manager  
Lindsey Larsen-Kelsey at: [LindseyL@shrewsburyclub.com](mailto:LindseyL@shrewsburyclub.com)**

**Or Call : [774-214-3029](tel:774-214-3029)**