



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASTICS FITNESS & FLEXIBILITY FOR ADULTS

## NEW! ADULT GYMNASTICS DROP-IN CLASS

(AGES 16+) 90 minute drop-in class for the current or former “adult” gymnast, CrossFit instructor or enthusiast, Ninja Warrior, obstacle course racer, or any athlete looking to hone his or her skills utilizing the gymnastics equipment. Full use of all gym equipment; including the spring floor, uneven bars, balance beams, vault and stall bars. Pay as you go for each class during the 7 week sessions with no need for commitment!

- Day/Time: Thursday 6:30 – 8:00 p.m.
- Spring 1: February 28 – April 11, 2019
- Full member fee: \$20 per 90 minute drop-in class
- Non-member fee: \$25 per 90 minute drop-in class
- Fee is payable at time of class and is required for participation.



**QUESTIONS:** Coach Mandy at [mmakein@meridenymca.org](mailto:mmakein@meridenymca.org) or call 203-235-6386.

Register at the Meriden, New Britain or Berlin YMCA locations.

**LOCATION:** Meriden YMCA Athletic Center at 74 Cambridge Street, Meriden.

MERIDEN YMCA  
110 West Main Street  
Meriden, CT 06451  
P 203 235 6386  
[www.meridenymca.org](http://www.meridenymca.org)  
[facebook.com/YMCA.Meriden](https://facebook.com/YMCA.Meriden)  
[www.meridenymca.org](http://www.meridenymca.org)

NEW BRITAIN  
50 High Street  
New Britain CT 06051  
P 860 229 3787  
[www.nbbymca.org](http://www.nbbymca.org)  
[facebook.com/NBBYMCA](https://facebook.com/NBBYMCA)  
[www.nbbymca.org](http://www.nbbymca.org)

BERLIN YMCA  
362 Main Street  
Berlin CT 06037  
P 860 357 2717  
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[www.nbbymca.org](http://www.nbbymca.org)



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## GYMNASTICS FITNESS CLASS FOR ADULTS

All levels welcome! Train like a gymnast. Build a fantastic physique, and have a chance to learn technique! The adult student will be introduced to the basic principles of gymnastics including positions, proper form, how to stretch, light strength training and conditioning, fundamentals of tumbling, use of the gym apparatus including but not limited to: uneven bars, balance beam and vault; as well as basic gymnastics skills. This class will teach adults with minimal to no prior experience, while also accommodating former gymnasts who still have the desire to do "flips and stuff." For ages 16 and up.

- Day/Time: Thursday 6:30 – 8:00 p.m.
- Spring I: February 28 – April 11, 2019
- Full Member Fee: \$80 • Program Member Fee: \$110

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**LOCATION:** Meriden YMCA Athletic Center at 74 Cambridge Street, Meriden, CT.



### Try One Free Class Pass

Preregister to try a free class.  
Contact Coach Mandy at  
[mmakein@meridenymca.org](mailto:mmakein@meridenymca.org).

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