



**GEM STATE
GYMNASSTICS**

ACADEMY ~ Since 1976



Adult Fitness

<u>Circuit</u>	<u>Yogalates</u>	<u>Shine</u>	<u>Mixer</u>
Interval based, boot camp training including aerobic, strength and flexibility	A meditation based fitness class combining Yoga, Ballet, and Pilates <ul style="list-style-type: none"> • No Gum • No cell phones 	High intensity cardio workout! Combining traditional dance moves from Jazz, Ballet and Hip Hop	A Strength and Stretch class combining Weights, Traditional Core work including Pilates, Ballet & Yoga
Tuesday/Thursday 10:15 - 11:15 am	Tuesday/Thursday 9:00 - 10:00 am	Monday/Friday 9:00 - 10:00 am	Wednesday 9:00 - 10:00 am
<p>Unlimited \$30.00 Monthly \$24.00 monthly EFT (automatic checking withdraw)</p>			
<ul style="list-style-type: none"> • No Start Up Fee • No Cancellation Fee 			

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