



# LOS ANGELES SCHOOL OF GYMNASTICS

Presents...

## The NEW Adult Class Punch Card

**Buy 9 classes  
get the 10th  
FREE!**  
Pay by class or buy  
a package its  
YOUR CHOICE!

\$175.00 - 10 pack of classes  
\$300.00 - 20 pack of classes



20 classes  
for the price  
of 16!

## ADULT CLASSES ARE AN EXCELLENT WAY TO STAY IN SHAPE --EXPERTS SAY!

Stretching, jumping, running, and tumbling are all part of an overall physical agenda that can reduce the risk of many diseases. Our 1 1/2 hour lesson conducted by safety-certified instructors is an excellent opportunity to avoid the "standard gym" and get in shape in a comfortable environment. This co-ed class begins with a warm-up period, and then you will work with an instructor at your own level from basic to advanced skills. We teach you at your own pace. You can pay as you choose to attend! No commitment! If this doesn't whip you into shape - NOTHING WILL!



### JOIN NOW!

Join the most popular adult gymnastics class in town that incorporates balance, flexibility, stretching and strength while maintaining and enhancing your gymnastics abilities. It is the perfect work out that uses every muscle in your body and helps develop gymnastics skills for all levels. Fun, rigorous and challenging for the old gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed. EveryBODY welcome!

### Adult Class Schedule

Our adult classes meets on:

Monday: 1:00P.M. - 2:00P.M.  
Tuesday, Wednesday, & Thursdays: 7:30 P.M. - 9:00 P.M.  
Friday: 10:00A.M. - 11:00A.M.

Don't forget to inquire about our Adult Ballet and Adult Intense Stretch Classes available at our unique center!

Adult Stretch/Tumbling Combo Class Instructor: 3-time Olympic Coach Yefim Furman

PLEASE CONTACT  
(310) 204-1980

Package pricing is available!

**ONLY \$20.00 Per Class**

\$25.00 (with credit card)

