



ALEXANDRA GYMNASTICS CLUB

ADULTS GYMNASTICS

Gymnastics isn't just for
kids, it's for everyone!

Whether you want to get back into it, have a go or start from the beginning, gymnastics is a great to improve your strength, balance, flexibility and mobility.

Fair warning: you might be sore the next day!

\$5 PER SESSION

TUESDAY

6-7PM

MOLYNEUX STADIUM

Class is made up of a conditioning session, skill development and stretching.

Please wear comfortable, stretchy work out gear and bring a drink bottle!

Registration can be completed on site prior to class.

Please inform the instructor of any injuries prior to class.

For more information, message us on facebook or at alexandragymclub@gmail.com