

FLAGSTAFF'S ONLY NINJA WARRIOR GYM

CLASSES

- Develops strength, power, speed, agility, accuracy, balance, and coordination
- Promotes fun, self-discipline, respect, and confidence in a positive group setting
- Age appropriate curriculum
- Suitable for any fitness level

OPEN GYM

- Try our new facility and test your skills as a Ninja Warrior

OPEN GYM MEMBERSHIP

- Unlimited Open Gyms
- 1 Free Guest Pass per month
- Obligation-free (cancel anytime)

PERSONAL TRAINING

- Private/small group training with a certified personal trainer and experienced Ninja Warrior coach
- Schedule lesson to your availability and programming for your goals
- Learn how to exercise pain-free and use the equipment safely and effectively

DESCRIPTIONS

Classes	Age Range	Duration	Cost
Lil' Warriors	4-6 yrs	55 min.	\$74.50
Junior Warriors	6-12 yrs	55 min.	\$74.50
Advanced Jr. Warriors (by invitation)		1 hr. 25 min.	\$95.50
Warriors	12-17 yrs	55 min.	\$74.50

Open Gym	Age Range	Duration	Cost
Youth	7-12 yrs	1 hr. 30 mins.	\$15*
Adult	13 yrs +	1 hr. 30 mins.	\$15*
Family	All Ages	1 hr. 30 mins.	\$15*

Open Gym Membership	Age Range	Cost
Youth without class	7-12 yrs	\$40
Youth with class	7-12 yrs	\$30
Adults	13 yrs +	\$50

Private Lessons	Duration	Cost
All ages	1 hr.	\$40

Class & membership costs are for a per month fee schedule.
Autopay required for memberships.
Yearly Registration & Liability Fee of \$35.00
(\$60.00 max per family)

Discounts Available:
10% discount for siblings & multiple classes.
10% Auto Pay Discount for classes only.
\$10 off Adult Membership with an enrolled child.
\$10 off Adult Membership for Veterans & First Responders.

*Cost for one open gym; memberships available

2019-2020 SCHEDULE



SUMMIT NINJA WARRIOR

Find Your Inner Strength

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2019-2020 SCHEDULE

Class times are subject to change. Please call the gym for class availability, session dates, and holiday closures.

Classes	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lil' Warriors	4-6 yrs	55 min.	4:45 pm		3:45 pm	4:45 pm			
Junior Warriors	7-12 yrs	55 min.	3:45 pm	3:45 pm 4:45 pm	4:45 pm	3:45 pm 4:45 pm			
Advanced Junior Warriors	(by invitation)	1 hr. 25 min.	5:45 pm						
Warriors	12-15 yrs	55 min.			5:45 pm				
Open Gym	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth	7-12	1 hr. 30 min.		5:45 pm		5:45 pm	4:30 pm	10:30 am	
Adult	13+	1 hr. 30 min.	7:30 pm	11:30 am 7:30 pm	6:45 pm	11:30 am	6:00 pm	9:00 am 6:00 pm	4:30 pm
Family	All Ages	1 hr. 30 min.							3:00 pm



PERSONAL TRAINING

Private/small group lessons available for all ages. If you want to learn how to safely use the equipment, want an extra boost in your athletic performance, or want help reaching your fitness goals, our certified personal trainer is here for you. With personalized programming, there is no doubt you will reach your goals.



NINJA WARRIOR CLASSES

Inspired by the show American Ninja Warrior, our classes focus on obstacle courses and training the ability to move over, under, around, and through a variety of exciting challenges. Climbing, swinging, jumping, and balancing are all incorporated to help you get stronger while having a blast!



OPEN GYM

Tailored to different age groups, come use our Ninja equipment, train, and challenge yourself on set routes and obstacle courses.

Available for Youth, Adults, and Family.

Family Open Gym is for all ages! Providing a fun, unique space for the whole family!