

FLAGSTAFF'S ONLY NINJA WARRIOR GYM

OPEN GYM

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

MEMBERSHIP

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

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

PRIVATE LESSONS

- Set up a one-on-one session with an experienced Ninja Coach
- Individualized training program scheduled to your availability, allowing for a faster skill progression
- Learn how to use the equipment safely and effectively

DESCRIPTIONS

Ninja Warrior	Age Range	Duration	Cost
Lil' Warriors	4-6 yrs	55 min.	\$74.50
Junior Warriors	6-12 yrs	55 min.	\$74.50
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*
Ninja Night	13-17 yrs	4 hours	\$25**

Membership	Age Range	Cost
Youth without class	7-12 yrs	\$60
Youth with class	7-12 yrs	\$40
Adults	13 yrs +	\$70

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
**Membership does not include Ninja Night Out

2018-2019 SCHEDULE



**SUMMIT
NINJA WARRIOR**
Find Your Inner Strength

**1926 N. 4th Street, Suite 7
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2018-2019 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			4:45 pm			
Junior Warriors	7-12 yrs	55 min.	3:45 pm 5:45 pm	3:45 pm 4:45 pm	4:45 pm	3:45 pm 4:45 pm			
Warriors	12-15 yrs	55 min.			5:45 pm				
Ninja Warrior 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.		12:00 pm 7:30 pm	6:45 pm	12:00 pm 7:30 pm	6:00 pm	9:00 am 6:00 pm	4:30 pm
Family		1 hr. 30 min.							3:00 pm
Ninja Night	13-17	4 hrs.						6:00 pm	



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!

NINJA WARRIOR CLASSES

Inspired by the show American Ninja Warrior, this class focuses 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!



NINJA NIGHT

Every Saturday night is Ninja Night Out! Teenagers hang out for a night of fun, obstacle challenges, and work out using the Ninja equipment in a safe, supervised environment.

Ages 13-17 years