

We define success as personal best!

- **We promote good character and positive life skills.** SGA extends beyond the gym. We actively seek to instill positive character traits and values in our students. We teach and foster trustworthiness, respect, responsibility, fairness, caring, and citizenship.
- **We provide a safe and clean environment.** Our gym, bathrooms, and public areas are thoroughly cleaned and disinfected nightly. The facility and the equipment are regularly inspected and maintained to ensure safety.
- **We treasure the opportunity to work with each individual.** We recognize that everybody is unique. It is our goal to make each person, regardless of age or ability, feel special. They will develop a stronger, healthier body and self-confidence through our fun and exciting programs.

Class Descriptions

Ninja Warrior	Age Range	Duration	Cost
Mini Ninja	4-5ys	55 min.	\$72
Ninja	6 +	55 min.	\$72
Teen Ninja	6 +	55 min.	\$72
Drop-in Classes	Age Range	Duration	Cost
Tumbling	6 +	1 hour	\$15*
Freestyle	8+	1 hour	\$15*
Open Gym	8+	90 min.	\$15*

Class costs are for a per month fee schedule.

*Indicates a drop in class with a per class fee.

10% discount for siblings & multiple classes.

10% Auto Pay Discount

Yearly Registration & Liability Fee of \$35.00

(\$60.00 max per family).



2018-2019

Class Schedule

Ninja Warrior
Tumbling
Freestyle
Open Gym



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2018-2019 CLASS SCHEDULE

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

Ninja Warrior	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Ninja	4-5 yrs	55 min.	4:45 pm			4:45 pm		
Ninja	6 yrs and up	55 min.	5:45 pm	3:45 pm 4:45 pm	4:45 pm	3:45 pm 4:45 pm		
Teen Ninja	13-18 yrs	55 min.			5:45 pm			
Drop-in Classes	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumbling	6 yrs and up	60 min.		7:15 pm		7:15 pm		
Freestyle	8 yrs and up	60 min.			6:00 pm			
Extreme Open Gym	8 to Adult	90 min.					6:00 pm	



Ninja Warrior

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 your ninja-in-training get stronger while having a blast!



Tumbling

Tumbling classes are offered on Tuesday and Thursday evenings on a drop in basis. Whether you're trying gymnastics for the first time, need to work on skills for cheer try outs, or are an ex-gymnast that wants to come play, this class is for all levels!



Extreme Open Gym

Every Friday from 6:00 –7:30 we now have open gym for Parkour, Ninja Warrior, and Tumbling! Adults, teens, and kids (ages 8 and older) can come in to practice their skills or just try out our Ninja Warrior obstacles.