

# ACROFITNESS

The **BEST** training  
time of the year!

## 2019 SUMMER SESSIONS

### Dates & Fees

Updated 1/8/2019

**ALL-STAR CHOREOGRAPHY:** \$250 Friday-Saturday 6/21-22 9 a.m. - 5 p.m.

**TUMBLE TOTS:** Pick 3 - \$75 | Pick 4 - \$95 | All 6 - \$120

Tuesdays: 9 a.m. - 10:30 a.m. 6/18, 7/9, 7/16, 7/23, 7/30, 8/6

These sessions run on specific Tuesdays during the summer (see dates) and the more you take, the more they are discounted. 1-hour of structured, age appropriate ACRO class and 1/2-hour of jungle gym fit-pit play. Classes will be divided into two age groups (1-2, 3-4 year olds). NOTE: Students must be signed up for each session in advance for staffing purposes.

**POWERHOUSE:** \$350 (counts as Team 2-week requirement)

Monday-Thursday 6/17-20, 7/8-11, 7/15-18 10 a.m. - 3:30 p.m.

Extended days for ages 5 years and up, this session will provide students with 20 hours of training in a one week period. Each session will run 4 consecutive days and will count as our team members two-week camp requirement. It will include our unique fitness, tumbling, dance, stunting skills and parade choreography. Be sure to pack a healthy lunch - it's going to be jam packed with fun!

**AFFR (Parkour Session):** \$175 Monday - Thursday 7/22-25, 7/29-8/1 6 p.m. - 8:30 p.m.

**PeeWee Parkour:** \$150 (ages 4-7) Monday - Thursday 7/22-25, 7/29-8/1 6 p.m. - 8 p.m.

Utilizing ACRO's Parkour and Ninja Warrior gym, this session is available to students age 8 years and older. Students will be divided according to age and be introduced to the world of Parkour and Ninja Warrior! Train at the PREMIER Parkour studio in the area with certified instructors, while learning to run up, hang on, and flip off walls, blocks and mats. It's the new fitness RAGE!

**ACRO ZOO CAMP:** \$150 Monday - Thursday 7/29-8/1 11 a.m. - 2 p.m.

Featuring our very own Animal Planet expert, Mr. Jerry, join us for our ACRO ZOO Camp. Young adventure seekers will explore wildlife and wild places when ACRO ZOO Camp heats up. This camp is sure to bring out the animal in you with hands on activities, including arts and crafts with Mrs. Pam. Don't miss the WILDEST camp in town!

\*All sessions require a 12-student minimum to run. \*\*Each session will conclude with a 15-minute demonstration on the final day, excluding the Zoo Camp. \*\*\*ACROFITNESS reserves the right to cancel any session not meeting the minimum requirement. \*\*\*\*A signed medical waiver by a legal guardian is required to participate.

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[www.acrofitness.com](http://www.acrofitness.com)

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