

Urban gymnastics (a par·kour inspired class)

the sport of moving along a route, typically in a city, trying to get around or through various obstacles in the quickest and most efficient manner possible, as by jumping, climbing, or running.

The urban gymnastics class will focus of different skills such as flips, precision jumps, and getting over obstacles efficiently.

Here are some examples of some skills that we will work on.

Speed vault



Dash Vault



Webster flip



Precision Jump



The equipment that is needed for the class would be the pyramid blocks for vaults and flips, the bars for fly-aways, and the trampoline to work on flips.

Ages: 7 and up

Price: \$44/month