



AMERICAN NINJA WARRIOR



Shen's Gymnastics is excited to bring **AMERICAN NINJA WARRIOR CLASSES** to our gym. Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids will gain agility, balance, coordination and strength as they tumble and maneuver through the course. This one-hour class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment.



SATURDAYS 1:30 – 2:30