



AMERICAN NINJA WARRIOR



Shen's Gymnastics Academy 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.

With every attempt at one of our courses and every victory when crossing the finish line, boys and girls will discover that they are the ultimate American Ninja Warrior!

SATURDAYS 1:30 – 2:30

September 2 – November 18, 12-week session

OBSTACLES!

FITNESS!

FUN!