

FLAGSTAFF'S ONLY NINJA WARRIOR GYM

CLASSES

- Develops strength, power, speed, agility, accuracy, balance, and coordination
- Promotes fun, self-discipline, respect, and confidence in a positive group setting
- Age appropriate curriculum
- Suitable for any fitness level

OPEN GYM

- Try our new facility and test your skills as a Ninja Warrior

OPEN GYM MEMBERSHIP

- Unlimited Open Gyms
- 1 Free Guest Pass per month
- Obligation-free (cancel anytime)

PERSONAL TRAINING

- Private/small group training with a certified personal trainer and experienced Ninja Warrior coach
- Schedule lesson to your availability and programming for your goals
- Learn how to exercise pain-free and use the equipment safely and effectively

DESCRIPTIONS

Visit our website to complete your online registration
www.summitgymnasticsacademy.com

CLASSES

| <u>Classes</u> | <u>Age Range</u> | <u>Duration</u> | <u>Monthly Cost*</u> |
|---------------------------------------|------------------|-----------------|----------------------|
| Lil' Warriors | 4-6 yrs | 55 min. | \$77.00 |
| Junior Warriors | 7-12 yrs | 55 min. | \$77.00 |
| Advanced Jr. Warriors (by invitation) | | 1 hr. 25 min. | \$98.50 |
| Warriors | 12-17 yrs | 55 min. | \$77.00 |
| Adult Ninja Warrior | 18 yrs + | 1 hr. 25 min. | \$98.50 |

*Monthly Cost listed is for Autopay, 10% Surcharge for Self-Pay.
10% discount for sibling & multiple classes.
Yearly Registration & Liability Fee of \$35 for classes & memberships
(\$60.00 max per family)

OPEN GYMS

| <u>Open Gym</u> | <u>Duration</u> | <u>Cost</u> |
|---------------------------------------|-----------------|--------------|
| Ninja Warrior Open Gym | 1 hr. 30 mins. | \$16 drop-in |
| Adult/Advanced Ninja Warrior Open Gym | 1 hr. 30 mins. | \$16 drop-in |

OPEN GYM MEMBERSHIPS (UNLIMITED OPEN GYMS)

| <u>Open Gym Membership</u> | <u>Age Range</u> | <u>Monthly Cost</u> |
|----------------------------|------------------|---------------------|
| Youth without class | 6-12 yrs | \$50 |
| Youth with class | 6-12 yrs | \$40 |
| Adults | 13 yrs + | \$60 |

Autopay required. No Sibling Discounts for memberships.
Yearly Registration & Liability Fee of \$35 for classes & memberships
(\$60.00 max per family)

PRIVATE LESSONS/ PERSONAL TRAINING

| <u>Private Lessons</u> | <u>Duration</u> | <u>Cost</u> |
|------------------------|-----------------|-------------|
| All ages | 1 hr. | \$40 |

SPRING 2021

SCHEDULE

JANUARY 1ST – MAY 31ST



**SUMMIT
NINJA WARRIOR**
Find Your Inner Strength

1926 N. 4th Street, Suite 7
Flagstaff, AZ
(928)526-0644

Visit our website to complete your online registration
www.summitgymnasticsacademy.com



@summitninja warrior

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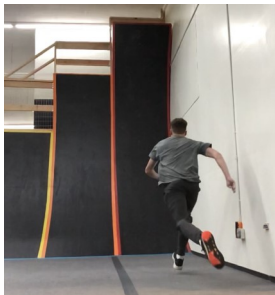


JANUARY 1ST - MAY 31ST 2021
CLASS SCHEDULE

Visit our website to complete your online registration
www.summitgymnasticsacademy.com

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

| Classes | Age Range | Duration | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------|-----------------|---------------|---------|---------|-----------|--------------------|---------|----------|---------|
| Lil' Warriors | 4-6 yrs | 55 min. | 5:00 pm | 5:00 pm | 3:45 pm | 5:00 pm | | | |
| Junior Warriors | 7-12 yrs | 55 min. | 3:45 pm | 3:45 pm | 5:00 pm | 3:45 pm 5:00 pm | 4:45 pm | | |
| Advanced Junior Warriors | (by invitation) | 1 hr. 25 min. | 6:00 pm | | | | | | |
| Warriors | 12-17 yrs | 55 min. | | | 6:15 pm | | | | |
| Adult Ninja Warriors | 18 + | 1 hr. 25 min. | | | | | 6:00 pm | | |
| Open Gym | Age Range | Duration | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Ninja Warrior Open Gyms | 6 yrs- Adult | 1 hr. 30 min. | 7:30 pm | 6:00 pm | 7:30 pm | 6:00 pm | 7:30 pm | 10:45 am | 3:00 pm |
| Adult/Advanced Ninja Warrior Open Gym | 6 yrs- Adult | 1 hr. 30 min. | | | | | | 9:00 am | |



PERSONAL TRAINING

Private/small group lessons available for all ages. If you want to learn how to safely use the equipment, want an extra boost in your athletic performance, or want help reaching your fitness goals, our certified personal trainer is here for you. With personalized programming, there is no doubt you will reach your goals.



NINJA WARRIOR CLASSES

Inspired by the show American Ninja Warrior, our classes focus 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 you get stronger while having a blast!



OPEN GYM

Come use our Ninja equipment, train, and challenge yourself on set routes and obstacle courses. Available for ages 6 to adult, providing a fun, unique space for the whole family! Sign up for a Monthly Open Gym Membership for unlimited open gyms.