

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.	\$90.00
Junior Warriors	7-12 yrs	55 min.	\$90.00
Advanced Jr. Warriors (by invitation)		1 hr. 25 min.	\$119.00
Warriors	13-17 yrs	1 hr. 25 min.	\$119.00

*Monthly Cost is for Autopay, 10% Surcharge for Self-Pay.

10% discount for sibling & multiple classes.

\$35 Yearly Registration & Liability Fee for classes & memberships
(\$70.00 max per family).

DROP-IN CLASSES

<u>Open Gym</u>	<u>Age Range</u>	<u>Duration</u>	<u>Day Pass Cost</u>
Adult Ninja Fitness*	13- Adult	60 min.	\$18

OPEN GYMS

<u>Open Gym</u>	<u>Age Range</u>	<u>Duration</u>	<u>Day Pass Cost</u>
Ninja Warrior Open Gym*	6- Adult	1 hr. 30 min.	\$18
Adult/Advanced Ninja Warrior Open Gym*	6- Adult	1 hr. 30 min.	\$18

*Pre-Registration in Parent Portal required for Open Gyms &
Drop-in Classes.

Visit our website for more information.

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	\$55
Youth with class	6-12 yrs	\$45
Adults	13 yrs +	\$65

Autopay required. No Sibling Discounts for memberships.

\$35 Yearly Registration & Liability Fee for classes & memberships
(\$70.00 max per family)

PRIVATE LESSONS/ PERSONAL TRAINING

<u>Private Lessons</u>	<u>Duration</u>	<u>Cost</u>
All ages	1 hr.	\$50

SCHEDULE



**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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Phone: (928) 526-0644

Email: summitgymnasticsinfo@gmail.com



SCHEDULE

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Class times are subject to change. Please call the gym for class availability 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	4:00 pm	5:00 pm	4:00pm 5:00 pm		
Junior Warriors	7-12 yrs	55 min.	4:00 pm	4:00 pm	5:00 pm	4:00pm 5:00 pm	4:00pm 5:00 pm		
Advanced Junior Warriors	(by invitation)	1 hr. 25 min.		6:00 pm		6:00 pm			
Warriors	13-17 yrs	1 hr. 25 min.		5:00 pm					
Drop-in Classes	Age Range	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Ninja Fitness	13 yrs - Adult	60 min.					10:30 am		
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	6:30 pm	7:30 pm	6:30 pm	6:00 pm	10:45 am	
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.