



Friday's 5:30-6:30pm

Begins May 21

\$90.00 a month for ages 8-18 years of age

The practice of traversing obstacles in a man-made or natural environment through the use of running, vaulting, jumping, climbing, rolling, and other movements in order to travel from one point to another in the quickest and most efficient way possible without the use of equipment. Learn efficient use of power, speed, agility, spatial awareness, balance, reflexes and thinking in the moment.

Call 970-66-3173 or sign up online at premierymastics.net