

Cheer-tumbling Workshop



Flip-Flops Back Tucks & More

Trying out for the cheer team squad?
Need a Back Handspring or Back Tuck?
Any flip you want to learn...YOU CAN!
Cheerleaders get exactly what they want – fun,
safety, flips, and fitness, all in one place!

On Saturdays for 2 hours you will get as many
back handsprings and back tucks as you can
handle, and the following:

- Detailed technical instruction
- Instant replay in slow-motion on 55" TV
of your performance
- Personalize exercise prescription to
improve your skill-specific fitness needs

Saturday

Feb. 9 & 23

Mar. 9 & 23

Times:

3pm to 5pm(Back Handspring & combinations)

5pm to 7pm(Back Tuck & combinations)

Register and pay fees now to secure your spots
as space is limited.

Cost:

No membership fee!

\$50 per person/per Saturday

Sign-up and pay fees to secure your spot

Text/call 225.772.8635