



## **Ninja-Fit is a new discipline inspired from Obstacle Courses and Training like a Ninja.**

**Ninja-Fit Obstacle:** Working through obstacles to develop, agility, coordination and strength, implementing gymnastics skills to achieve balance and speed in a fun environment.

**Ninja-Fit Training:** Learn how to condition, punch, kick & evade and put it to the test in the obstacle courses.

**Beyond skill, our curriculum teaches...**

**Confidence -- Being part of a group**  
**Dicipline -- Self control**



**Boys & Girls  
Ninjas Training**

