



The Ninja Fit is an all new discipline inspired from Obstacle Course Training, Gymnastics, Street Dance, & Martial Arts.

- ◆ **Obstacle courses for Strength & Agility**
- ◆ **Ninja Training (Ninja style flips, rolls, kicks, vaults) Just like what you would see on a video game or in the movies!**
- ◆ **Gymnastics Tumbling for Total Body Coordination**

Beyond skill, our curriculum teaches...

**Girls & Boys!**

- ◆ **Confidence**
- ◆ **Discipline**
- ◆ **Being part of a group**
- ◆ **Impulse control**

**ASP classes!**

For success in school, sports, and life, a child that learns to channel their impulse & energy towards a focused goal will succeed in all endeavors.



**Ninjas Training**

