

# ADULT GYMNASTICS/ OPEN GYM

## WHEN

**Friday**

**6:30PM – 8:30PM**

## WHERE

**ORLANDO METRO  
GYMNASTICS LAKE  
MARY**

1180 Emma Oaks Trail, Lake Mary, FL 32746

**Beginners welcome.**

**Fitness \* Calisthenics \* Stretching \* Flipping \* Tumbling \*  
Strength Training \* Movement \* Flexibility**

**Instruction available at all levels!**

**(407) 246-1200**

**ORLANDOMETROGYMS.COM**

**AGES 18+  
WELCOME**

**WAIVER MUST  
BE SIGNED**

**In order to participate,  
the waiver must be  
signed prior to  
attending.**

**PRICES**

**\$15.00/class**

**\$100.00/8 Vouchers**

**EQUIPMENT**

**Access to all events,  
foam pits, and  
equipment.**

**30,000 SQFT**

**Our Olympic facility is  
over 25,000 sqft, with  
foam pits over each  
event.**

