

ADULT OPEN GYM

WHEN

Fridays

6:30pm – 8:30pm

WHERE

**ORLANDO METRO
GYMNASTICS**

4658 L B McLeod Rd, Orlando, FL, 32811

Beginners welcome.

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

(407) 246-1200

WWW.ORLANDOMETROGYMS.COM

**AGES 18+
WELCOME**

**WAIVER MUST
BE SIGNED**

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

PRICES

\$20.00/class

\$130.00/8 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.**

