

# ADULT GYMNASTICS/ OPEN GYM

## WHEN

Friday

6:00PM – 8:00PM

## 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) 333-0907

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.

