



Sandbach Gymnastics  
Adult Classes

## Adult Classes...

Updated | November 2024

*Adult classes are new for 2020. These sessions are aimed beginner, intermediate and advanced participants. These class is led by two of our experienced coaches who teach and advise participants as required.*

*Come and join in and enjoy a new way to keep fit.*

Class Times	Wednesday
8 - 9.30pm	✓

### Special Points of Interest

- Qualified Staff and DBS Approved
- Instruction available
- Choose Your Own Skills to Practice
- Casual Membership

## Prices + Information

- £8 per visit
- Casual membership (pay on the day)
- British Gymnastics Membership / Insurance required
  
- Parkour or Free Running is not Permitted