



# Adult Gymnastics

## with Canberra City Gymnastics Club

### Adult gymnastics is for anybody!

If you're over 18 and have always wanted to give gymnastics a go, come and have a try at adult gym! It doesn't matter if you've never done gymnastics, just that you're willing to give it a go. It's a great way to stay fit, have fun and meet new and interesting people. Our Gymnastics Australia accredited coaches will be happy to help you reach your goals!

Where: Classes are run at our Belconnen Venue

When: 8:00-9:30pm on Tuesdays and Thursdays

Cost: \$20 per session or \$165 for 10 plus a one off registration and insurance fee of \$90 per year



### Where to go

Adult gymnastics is held at Canberra City Gymnastics Club in Belconnen.

85 Chandler Street (Cnr College and Chandler Streets)  
Belconnen, ACT, 2617

Call 6251 1131 or email [office@canberracity.org.au](mailto:office@canberracity.org.au) for more information