

4 Star Obstacles Fall 2017 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Spartan 5:15pm-6pm Youth Parkour 6:10pm-6:55pm Adult Spartan 7:05pm-8pm Open Gym 8pm-9pm	Kids Parkour 5:15pm-6pm Youth Parkour 6:15pm-7pm Open Gym 7:15pm-9pm	Teen Ninja Warrior 5:15pm-6pm Youth Ninja Warrior 6:10pm-6:55pm Adult Ninja Warrior 7:05pm-8pm Open Gym 8pm-9pm	Kids Ninja Warrior 5:15pm-6pm Youth Ninja Warrior 6:15pm-7pm Open Gym 7:15pm-9pm	Intro to Obstacles 5pm-6pm Adult Parkour 6:15pm-7pm Teen Parkour 7:15pm-8pm Open Gym 8pm-9pm	Kids Ninja Warrior 10am-10:45am Intro to Obstacles 11am-12pm Open Gym 12pm-1pm Birthday Parties & Events 2pm-4pm	Birthday Parties & Events 12pm-5pm We strongly recommend booking at least 2 weeks in advance



Classes by age group:

KIDS = age 5-7

YOUTH = age 8-12

TEEN = age 13-17

ADULT = age 18 and up

Call us at 240-513-7245

Sign up online at 4starobstacles.com

Intro to Obstacles
5pm-6pm

Open gym
6pm-9pm

Effective 9/18/17
Subject to change. Refer to online schedule for most up to date listings.

Intro to Obstacles class is a requirement for all first timers (Birthday parties count as an intro).

- Sign up for classes/parties/open gym at 4starobstacles.com

Pricing

- Intro class \$15 (first time requirement ages 5 and up)
- Single class \$15 (must complete intro first)
- Open gym \$12 (ages 8 and up, must complete intro)
- 30 day intro membership \$39
- 5-visit punch pass \$55
- 10-visit punch pass \$100
- Birthday Party \$195 (counts as intro, must be at least 5 years old to participate)
- Ninja Warrior competition \$20
November 4th and 5th 2017
- Monthly memberships are available including family deals. Ask a coach for more info

Learn about our classes

- ***Intro class***- This class teaches necessary safety skills and techniques for Parkour and Ninja Warrior. It includes an overview of the main obstacles in the gym (e.g. warped wall, quintuple steps, jumping spider, rope swings, etc) and time to practice and play. *The intro is a requirement for all first timers. No exceptions. Open to ages 5 and up.*
- ***Parkour***- Learn how to move through your environment safely and efficiently regardless of **what stands in your way**. *This class progressively teaches various categories of movement (e.g. walls and jumps, bars and rails, vaults, rolls and proper landings)*
- ***Ninja Warrior***- Learn to conquer all 4 stages of Ninja Warrior in this class. *Each class targets specific types of obstacles and includes running through carefully selected courses. Do this class on it's own or combine with parkour classes for faster improvement. This class will also prepare you for the next competition at the gym.*
- ***SPARTAN (NEW CLASS!)*** *This class focuses on preparing for the obstacles you will encounter in upcoming adventure races like Spartan, Tough Mudder, Muddy Mamas, etc. Great for cross training or just for fun! Open to Teens and Adults*
- ***Open Gym***- Practice your Parkour/Ninja skills on your own. You must have first completed an intro class or birthday party and be at least 8 years old to participate in open gym. Must train safe and follow rules.