



Wednesday evenings 6:30 - 8:00pm

January 18 - March 29, 2017

Ages 11 - 18

Beech Street Center, 266 Beech St Belmont

Full Session \$110 Drop-in \$16 per class

Register on line at

<https://goteamup.com/p/426162-parkour-generations-bosto/memberships/27288/>

This class is designed for all experience and fitness levels.

Beginners looking for an introduction to parkour or experienced individuals looking for a structured training session. Classes will include instruction in the basic movements and techniques of parkour, conditioning and strengthening exercises aimed at general fitness and a combination of exercises, routines and drills providing a challenging and fun workout for all fitness levels.

All classes are taught by ADAPT certified coaches.

What to bring:

- Weather-appropriate clothing (This class may occasionally feature elements in the adjacent park so participant should be prepared)
 - Water bottle
 - A small bag if necessary, although you should be able to jog with it (Note: Parkour Generations Boston takes no responsibility for the safe-keeping of items)
- Classes will start promptly so plan to arrive 5-10 minutes early.

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