

STAFFORD HILLS CLUB

JUNIOR NINJA WARRIOR TRAINING

Junior warriors will have the opportunity to work on speed, agility, strength and team-work in this fun, challenging and safe class! Climbing, jumping and moving through obstacles are just some of the challenges the warriors will face in each workout. This group will utilize games, teamwork, and good sportsmanship to build a lifelong positive relationship with exercise.

AGES 5-7 YEARS

Nov. 12TH-Dec 3rd

Mondays

4:15pm-4:45pm

\$30/Member

\$36/Guest

AGES 8-12 YEARS

Nov. 14TH-Dec 5th

Wednesdays*

4:15pm-5:00pm

\$40/Member

\$48/Guest

WHO WANTS TO BE THE NEXT SHC
JR. NINJA WARRIOR?!

503.612.2400

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