

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**

**Oct. 15<sup>TH</sup>-Nov. 5<sup>th</sup>**

**Mondays**

**4:15pm-4:45pm**

**\$30/Member**

**\$36/Guest**

**AGES 8-12 YEARS**

**Oct. 17<sup>TH</sup>-Nov. 7<sup>th</sup>**

**Wednesdays\***

**4:15pm-5:00pm**

**\$40/Member**

**\$48/Guest**

\*Halloween session  
will be held Nov 2.

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

503.612.2400

[WWW.STAFFORDHILLS.COM](http://WWW.STAFFORDHILLS.COM)

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