

NE ★
NORTHERN ELITE
GYMNASTICS AND CHEER

NINJA CLASSES!

**OUR NINJA PROGRAM OFFERS
ALL THE ATHLETICISM OF A
GYMNASTICS CLASS, ALL THE
DISCIPLINE OF A MARTIAL ARTS
CLASS, AND ALL THE EXCITEMENT
OF FREESTYLE MOVEMENT!**

973-527-4832
180 Gold Mine Road
Flanders NJ 07836

NINJA KIDS!
WAYS OF THE NINJA!

WWW.NORTHERNELITEGYM.COM
WWW.NINJA-KIDS.US

In our Ninja Kids classes, the young Ninjas learn:

- Flexibility • Strength • Tumbling • Obstacle maneuvers • Discipline •

This hour long class is perfect for highly active boys and girls who are looking for a fun, recreational activity where they can learn Ninja-style movements and techniques within the confines of a safe and controlled environment.

Ninjas will train on:

- Form Practice • Obstacle • Climbing • Power •

All four events are chosen to create a well-rounded Ninja and achieve safe exercise, learning, and fun in every class.

All Ninja instructors are trained and certified.