



# Let's Get Ready to **TUMBLE!**

*Come learn your Round Off Back Handspring, standing Back Handsprings, & More!! Join our Workshop & have a great time working out with friends and achieve your Personal Tumbling Goals!*

## BACK HANDSPRINGS ONLY



### TUMBLING WORKSHOP



**Saturday 2:30-4:30 pm**

**Oct 7<sup>th</sup>, Nov 4<sup>th</sup>**

**& Dec 2<sup>th</sup>**

**Cost: \$20 for *CF MEMBERS* who  
Pre-register on or before the  
Thursday prior to each Workshop**

**Cost: \$25 per person**

**If you pre-register on or before Thursday prior to each Workshop**

**Cost: \$35 per person**

**If you register after the Thursday prior to each Workshop**