



Let's Get Ready to TUMBLE!

Come work on your Round Off Back Handspring Back Tuck, Round Off Back Tucks, Standing Tucks, & More!! Join our Workshop & have a great time working out with friends and achieve your Personal Tumbling Goals!

BACK TUCK ONLY

TUMBLING WORKSHOP

Saturday 2:30-4:30 pm

Oct 21th, Nov 4th,

& Dec 2th



**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