



# Learn Techniques in Training your Body to Twist!!

*Ready to learn a full, standing full, double full, and any other twisting skill? This workshop will get you on the journey to twisting! Having Air Awareness is everything when learning tumbling! We will teach you tips to learning where you are and how to get the skills you want!*



# LAYOUTS & FULLS

**Saturday 4:30-6:30 pm**  
**June 16<sup>th</sup> & July 28<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