



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



Saturdays 2:30-4:30 pm

Sept. 22nd, Oct. 13th,

Nov. 17th & Dec. 1st



**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