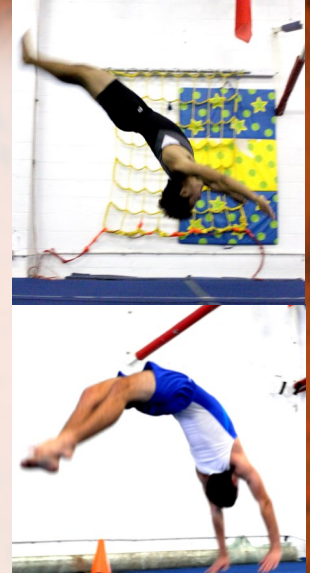


BEGINNING POWER TUMBLING CLASS



Kalihi Gym – Sundays — 4-5pm

Instructor: Max Vercruyssen PhD

(Substitutes: Donna Mah MD, Nani Vercruyssen BEd)

Purpose: Training to learn fast horizontal hand springs, whips, flips, and twists on rebound (springed) surfaces. Roughly half of each class is spent on horizontal springing (ground contact) and half is spent training vertical flipping (air / flight).

Time Allocation: 30 min rebounding 30 min airtraining

Entry Requirement: Round-off Back Handspring

For More Information: Phone 842.5642 or

visit www.HawaiiAcademy.com

First Beginner Class Starts August 2nd