



FLYER THAN MOST!!

A must for all female athletes wanting to clean up and improve their balance and body positions while learning the techniques necessary to push their flexibility to the next level!

PROGRAM FEATURES :

- ✔ -Proper Warm Up & Stretching
- ✔ -Increasing Range Of Motion
- ✔ -Strength & Conditioning
- ✔ -Balance & Body Positions
- ✔ -Single Base & Multi-Base Stunts

Non Competitive!

ENROLL NOW

📞 614-636-1067

🌐 www.tcicheer.com

\$35

