

## Performance Athletics

### BOOT CAMP

Boot Camp at Performance Athletics Gymnastics is the fastest way to reach your fitness goals. Our certified personal trainer will help you increase endurance & strength and tone your lean body mass while shedding those extra pounds. This class is for women only, ages 18 +, all levels are welcome. Everyone will be trained with their personal needs in mind. Class will consist of warm-up, 30 minutes of interval training followed by core training & stretch. Body measurements and body mass index will be taken at the beginning and end of each session. With your commitment to our program we can guarantee you positive results!

Performance Athletics

"Teaching the benefits of a healthy lifestyle"

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### Adult Gymnastics

Gymnastics is not just for kids! Children and adults alike can join the fun of gymnastics. In our adult gymnastics program you will learn basic gymnastics moves. Increase strength and flexibility, coordination, air and body awareness, agility, speed and most of all- it's fun.

Men and women ages 18 and up are welcome to try our adult gymnastics program. Beginners up to the experienced gymnast, everyone is welcome, no experience required! Our CPR /first aid, USAG safety certified professional gymnastics coaches are going to give you a "fliptastic" work out! Who said tricks are for kids?



**Performance**  
ATHLETICS

4484 Broad Street

San Luis Obispo ca.

93401

Phone: 805-547-1GYM (1496)

Fax: 805-547-1090

E-mail: [Office@PerformanceAthleticsSlo.com](mailto:Office@PerformanceAthleticsSlo.com)

Web: [www.PerformanceAthleticsSlo.com](http://www.PerformanceAthleticsSlo.com)



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### Adult Fitness Programs

Boot Camp  
Gymnastics  
ZUMBA

African Dance  
Hoop Dance  
Modern Dance

805-547-1GYM  
(547-1496)

# Adult Programs

## “Get Fit– Stay Fit” A different kind of Gym

Class	Day/Time	Cost	Contact for more info
<b>Boot Camp</b> Group fitness for adults ages 18 and up, women only. This one hour workouts is packed with cardio and conditioning. Body mass & weight will be recorded at the start and end of each session to mark your progress.	M-F 6:30am-7:30am	\$175.00/ four week session	PA Gym 547-1496 Email: Office@PerformanceAthleticsslo.com Web: www.PerformanceAthleticsSlo.com
<b>Adult Gym</b> Learn basic gymnastics all levels. Increase flexibility, co-ordination and strength. Learn new skills. Men and women ages 18 and up.	M-T-W 7:30pm-9:00pm	\$12.50/Class or \$60.00 for a six class punch card	PA Gym 547-1496 Email: Office@PerformanceAthleticsslo.com Web: www.PerformanceAthleticsSlo.com
<b>Zumba</b> Zumba fitness fuses Latin and Hip Hop dance moves with International music. It's a cardio party and a calorie blaster! Men and women. All levels.	Wednesdays 5:45pm-6:45pm	\$6.00 class	Sally Unks 440-8374 or 528-8929 sallyunks@yahoo.com
<b>African Dance</b> Let the music move you in this fun & energetic West African inspired dance class! Live drummers! No experience needed. Men and women, all ages, all levels.	Wednesdays 7:15pm-8:45pm	\$12.00 class	Marsha Butler Higher Movement 748-3438
<b>Hoop Dance</b> An amazing full-bodied cardio fitness workout. Build confidence, coordination, balance and muscular definition. A moving meditation that utilizes and strengthens your entire body all while having fun. Men and women, all levels.	Tuesdays 6:30pm-8:00pm	\$85 for 6-week <i>Beginning HoopDance</i> series	Laurie Hobbs 510-366-5067 <a href="http://www.FluidLuminescence.com">www.FluidLuminescence.com</a>
<b>Variable Velocity</b> Advanced Modern Dance Class for adults. Men and women ages 18+. Prior dance experience is required.	Thursdays 6:30pm-8:30pm	\$12 per class	Diana Stanton: <a href="mailto:dianastanton@mac.com">dianastanton@mac.com</a> 805.471.5078 <a href="http://www.variablevelocity.org">www.variablevelocity.org</a>

Performance Athletics Gymnastics is more than just a 22,000 square-foot brand-new state-of-the-art gymnastics training facility. We are a place where children and adults alike can enjoy the benefits of a healthy lifestyle. In addition to all of our fantastic children’s programs we offer several adult fitness activities to keep you active, strong and healthy. At Performance Athletics you can get fit and stay fit because were different kind of the gym. With plenty of choices for you to choose from. You are welcome to come try a free class in any of the following programs; Boot Camp, Adult Gymnastics, Zumba, African Dance, Hoop Dance & Variable Velocity modern dance.



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