



## PRESENTS GNO HIP HOP!

**JOIN US FOR OUR NEW HIGH PERFORMANCE LOW IMPACT FITNESS CLASS AT TNT!**

We always have something fresh to mix into our fitness routine and you'll never get bored. Challenge your body and spirit with something entirely new. Enjoy physical fitness and have a lot of fun too!

Our classes combine energizing music with well-designed formats to give you great workouts and great results. We start the hour with a variation of Yoga stretches, move onto low impact jumping, refresh with a little tumbling, spice it up with cardio Hip Hop and end with a cool down. All this for **ONLY \$7.50** a class!

Exercise in a group setting is fun! The social interaction will give you that extra motivational push to keep you going. Come join us now!

**CURRENT HOURS:**  
Wednesday 8pm-9pm

For additional information please email  
[TNT.Cheer@gmail.com](mailto:TNT.Cheer@gmail.com) or visit [www.TNTtumble.com](http://www.TNTtumble.com)

*All information is subject to change.*

*All attendees MUST be over 18 & have a signed waiver form in order to participate. Please download the form by going to <http://www.tnttumble.com/risk-waiver-form.pdf>*

*Please Note: A physician's approval is recommended prior to beginning an exercise program.*

**TNT TUMBLE, CHEER & DANCE**  
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