



What is Parkour?

Parkour is a method of physical training that develops one's ability to overcome obstacles (both physical and mental). Parkour includes running, climbing, swinging, vaulting, jumping, rolling and other movements suitable for different situations. Parkour involves seeing one's environment in a new way, and imagining the potential ways for navigating through it. Classes will last 1 hour, with 30 minutes of instruction and 30 minutes of free play. Class will be divided by age and ability to best assist each participant. Minimum age 5. Class size limit 12. Temperature check upon arrival.



Where is it held?

The Hurakane Alley entrance is around the back at Final Results Fitness at 1100 Grosser Road, Gilbertsville PA 19525.

What does it cost?

Members of FRF and their dependents:
\$17 per class or \$120 for a 10 pack

Guests of FRF:

\$22 per class or \$170 for a 10 pack

Release required to participate or observe.

Everything You Need to Sign Up Online

Please fill out your release and reserve your spot in class on our website. Online Scheduling link and releases available online at:

www.finalresultsfitness.com/programs/parkour.html



What is OCR?

OCR class teaches the skills and develops the conditioning required to be successful in Obstacle Course Races. Whether it's a Spartan Race, Goliathon, Tough Mudder or Warrior Dash, obstacle course races/ mud runs are all the rage these days. Now we can help you do your best, no matter if you are a beginner or old pro. Join Kevin and the crew in Hurakane Alley at Final Results Fitness.

Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
6:30 Parkour Combo 1&2		6:30 Parkour Combo 1&2	5:45 Parkour Level 2		8:00 Obstacle Course Race Class
	7:00 Obstacle Course Race Class		7:00 Obstacle Course Race Class		11:00 Parkour Combo 1&2