



HURAKANE ALLEY  
 PARKOUR AND OBSTACLE COURSE RACE  
 TRAINING CENTER  
 AT FINAL RESULTS FITNESS



## What does it cost?

Members of FRF and their dependent children \$14 per class or \$99 for a pack of 10 classes.

Guest rate \$19 per class or \$149 for a pack of 10 classes.  
 Register at the front desk.

## Where is it held?

The Hurakane Alley at Final Results Fitness.



- **Kids Parkour Classes**
- **Obstacle Course Race Training Classes**
- **Functional Fitness**

check out our facebook page for videos



## Hurakane Alley

at Final Results Fitness  
 1100 Grosser Road,  
 Gilbertsville PA 19525  
 610.367.6611

[www.finalresultsfitness.com](http://www.finalresultsfitness.com)



## 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.



## 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 Hurricane Alley at Final Results Fitness.

Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday
off for summer	6:30 Parkour Level 1	7:00 Parkour Level 2 and 10 and older.	6:30 Parkour Level 1	6:00 Two Hour Parkour Party Class*	8:00 Obstacle Course Race Class
	7:30 Obstacle Course Race Class		7:30 Obstacle Course Race Class	*\$20 Fee per participant.	11:00 Parkour Level 1