



2023 NINJA CAMP DATES

Session One: June 12 - 23

Session Two: July 10 - 21

Session Three*: July 31 - Aug 11

* session three is Level 2.

Cost: \$199 per session. Daily drop in \$25 if classes not full.

To sign up: Everyone can call or stop by Final Results Fitness. FRF members can use their MYiCLUBonline account to sign up online.



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

FINAL RESULTS FITNESS
• THE HEALTH CLUB •

NINJA WARRIOR SUMMER CAMP



Have fun and make friends while you learn to run, jump, swing and climb like a Ninja. Ninja Warrior Summer Camp at Hurakane Alley is the perfect way for kids to develop strength, functional fitness and confidence in a safe environment this summer.

check out our facebook page for videos



Parkour at Final Results Fitness

Hurakane Alley

at Final Results Fitness

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Gilbertsville PA 19525

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www.finalresultsfitness.com



NINJA WARRIOR SUMMER CAMP

Hurakane Alley started Ninja Summer Camp several years ago to give local kids something great to do over their summer break. Whether you are completely new to our facility or you are a regular class participant, our Ninja Summer Camp is the perfect way to have fun, make friends, and develop strength, flexibility and functional fitness this summer. Ninja Camp is held in two week sessions starting mid June. The classes start by taking the time to learn the proper and safe way to perform each obstacle or movement and then progresses to advanced obstacles, movements and ways to string them together into advanced flow. Ninja Camp is great for beginners looking to learn the basics as well as experienced participants who want to qualify for Level 2 classes. Minimum age 5. **Class size limited to 12 so sign up early!**

2023 SESSION ONE

1

DATES: June 12th through June 23rd

TIME: 12 - 2 every day Monday through Friday.

2023 SESSION TWO

2

DATES: July 10th through July 21st

TIME: 12 - 2 every day Monday through Friday.

2023 SESSION THREE*

3

***LEVEL 2 CLASS**

DATES: July 31st through Aug 11th.

TIME: 12 - 2 every day Monday through Friday.