



Where is it held?

The Hurakane Alley training center is located inside Final Results Fitness at 1100 Grosser Road, Gilbertsville PA 19525.

What does it cost?

Regular rate \$22 per class or \$170 for a pack of 10 classes.
Register at the front desk.

Discount rate for members of FRF and their dependent children \$17 per class or \$120 for a pack of 10 classes.

How to schedule classes.

You will need an FRF membership account to purchase and schedule classes online with MyiClubOnline.com. If you are not already an FRF member, please call or stop by the desk to register for your free account.

Release required to participate or observe. Releases available at the club or online at www.finalresultsfitness.com.

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

FINAL RESULTS
FINAL RESULTS FITNESS
• THE HEALTH CLUB •



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

check out our facebook page for videos



Parkour at Final Results Fitness

Hurakane Alley

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

www.finalresultsfitness.com



What is Parkour?

Parkour is a method of physical training that develops ones 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. Class will be divided by age and ability to best assist each participant. Level 1 Minimum age 5. Level 2 is anyone 12 or older or younger athletes who have passed the qualification process.



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 Combo 1&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