

## Maryland State Gym

515 Commerce Drive  
Upper Marlboro, MD 20774  
(301) 249 0808 [www.youflip.com](http://www.youflip.com)  
(301) 213 9973 [youflip@gmail.com](mailto:youflip@gmail.com)



## Adult Gymnastics

### Class Overview

Our gymnastics class for 18+ is for both men and women. We have a great time, getting into shape, learning new skills, and challenging ourselves to do activities that require rotation, and twisting and jumping.

### Class Objectives

- \* Increase Coordination
- \* Increase Flexibility
- \* Increase Strength
- \* Learn Gymnastics Skills

### Class Schedule

- \* stretch
- \* Drills, Stations, and events
- \* Tumbling and Vaulting
- \* We end with trampoline

### Class Progress Online

We use skill charts to track each your progress. Discuss with your coach your goals and we will try to help you meet them. Skill tracking and progress is for your information only.

### Class Uniform

Our students are required to wear a leotard for girls or a tank and shorts for boys, to each class.

### Ordering Uniforms

You can order a uniform for \$29.00 at the information desk in the lobby. Many of the plans offer the uniform complimentary. Uniforms are not mandatory. Men can get MD State T-shirt \$10.00 women can order leotards.

### Class Rules

- \* No jewelry,
- \* No Gum or candy
- \* Hair tied back
- \* Missed classes may be rescheduled during your membership period. Schedule all class changed via email.

<b>Adult Gymnastics</b>	<b>18+</b>	<b>1 Month</b> (Auto Pay)	<b>6 Months</b> (Auto Pay)	<b>12 Months</b> (Auto Pay)
		<b>Incentives</b>	<b>Incentives</b>	<b>Incentives</b>
		Progress Skill Card Online Skill Progress	Progress Skill Card Online Skill Progress T-Shirt or Leotard	Progress Skill Card Online Skill Progress T-Shirt or Leotard 5 Guest Passes
Per Week	1 class	\$55	\$50	\$40
Per Week	2 classes	\$85	\$80	\$70
Per Week	3 classes	\$115	\$110	\$100
Per Week	4 classes	\$145	\$140	\$130