

Cheer Summer Workouts

June 2 – July 28, 2022

Cost: \$10 drop-ins or \$40 for the month
twice a week.



Training Focus:

Strengthen and firm core, legs, and arms

Workout will be specifically customized to enhance cheer fitness.

Where: Tumble HQ

Times: Weekly Tuesdays and Thursdays 10-11 AM

Dates: June 2 – July 28, 2022

* No classes the week of the July 4th



To preregister, go to
tumblehq.com or call
469-967-5324



Location: 5201 South Colony Blvd, Suite 799
The Colony, Texas 75056

TUMBLE HQ