



# CAPTIVATE

## ADULT GYMNASTICS

**ADAPTIVE GYMNASTICS FOR  
ADULTS WITH VARIED ABILITIES**

**Mondays 10:30am – 12pm**

Location: Kin Gymnastics, 2323 32 Ave NE #123

Dates: Jan 20 – March 17, excluding Feb 17

Cost: \$419 CAD + GST

Ages: 18+



**ALL ABILITY LEVELS,  
FITNESS LEVELS, &  
SKILL LEVELS WELCOME!**

**Volunteers and aides welcome!**



**[captivategymnastics.com](http://captivategymnastics.com)**  
**@captivate.gymnastics** on Instagram