

Register with confidence!

At Ethos Parkour and Movement, we prorate for late registrations, and **Open Gym drop-in's are included** with class registration!

Adult Level 1 Parkour is here!

Parkour is about play, exploration and understanding our surroundings; training both the body and mind to be as completely functional, effective, and liberated as possible. Learn to fall, land and roll correctly to minimize impact and risk. Spatial awareness, cognitive reasoning, agility, and balance are key components in our program. Overcome fear and mental blocks; break limited mindsets!

Class	Day	Dates	Times	Monthly Tuition
Adult Level 1 Parkour	Thursdays	Sept - Jun/23	7:20 - 8:20pm	\$100

**Plus gst

Adult Fitness Bootcamp!

Strengthen your whole body with Coach Michael's style of Enhanced Movement Training! Increase range of motion and mobility with core focussed movement and push / pull body mechanics. All skill levels. Ask Coach Michael for more info:

info@ethosparkour.com

Monthly registration includes access to all 3 days / week.

Class	Day	Dates	Times	Monthly Tuition
Adult Fitness Bootcamp	Tu, Wed, Thur	Sept - Jun/23	9 - 10am	\$100

**Plus gst