



Lucas Gymnastics Presents:

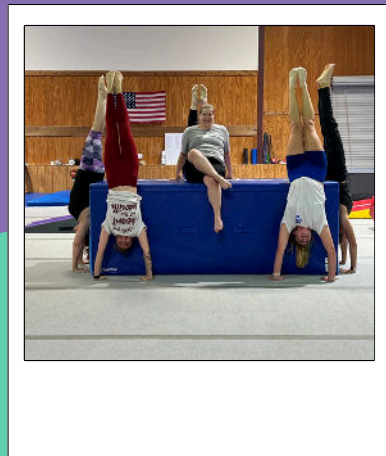


# WOMEN'S ADULT GYMNASTICS SUMMER CAMP

Summer camp isn't just for kids anymore!  
Come join Lucas Gymnastics for their second annual adult summer camp!

July 2<sup>nd</sup> - 4<sup>th</sup> 10 AM - 3 PM

\$195 for all three days  
\$40 non-refundable deposit due at booking  
email: [lucasgymnastics@gmail.com](mailto:lucasgymnastics@gmail.com) to register



Beginner friendly: learn at your own pace ages 18+

Bring a lunch and plenty of water

1 hour lunch break each day from 12:00-1:00pm

Each day of camp will involve: skills, shaping, conditioning and dance.

Skill showcase on Saturday from 2:30-3:00pm-Small routines will be done on each event to show off what you've learned.

Sign up ASAP- limited space available!