

SKYROBICS™

**BURN UP TO 1,000 CALORIES AND
HAVE A BLAST DOING IT!**

SkyRobics™ combines calisthenics, core exercises and strength building aerobics, all done on Sky Zone's patented, all-trampoline, walled playing courts.

- Burn up to 1,000 calories per hour
- Low impact - easy on your joints
- Comprehensive 60-minute classes
- Ideal for those of any fitness level
- Sign up ahead of time, classes fill up quickly

**HAVE FUN,
FLY SAFE!**

CLASS SCHEDULE:

Tuesday: 6pm-7pm
Wednesday: 10am & 6pm
Thursday: 6pm-7pm
Friday: 10am-11am
Saturday 9am-10am

PRICING:

Pay by the Class - \$9
10 Class 'Get Fit' Pass - \$75

**Your first class is
\$5.00**

*Rates are subject to change. Taxes not included.

***New Skyrobics schedule
effective Tuesday, August 13**

SkyRobics is intended primarily for adults. More information to come regarding kid programs.



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SKY ZONE
INDOOR TRAMPOLINE PARK