



# ARCANE ATHLETICS

## FALL/WINTER CLASS SCHEDULE

### SATURDAY

**3:00PM - 4:00PM**

- WALKOVERS & TRANSITIONS
- HANDSPRINGS & POWER

**4:00PM - 5:00PM**

- FLIPS & FLIGHT
- HANDSPRINGS & POWER

**5:00PM - 6:00PM**

- FLYERS & FLEX

### SUNDAY

**10:00AM - 11:00AM**

- FOUNDATIONS & FORM
- WALKOVERS & TRANSITIONS

**11:00AM - 12:00PM**

- HANDSPRINGS & POWER
- FLIPS & FLIGHT

**12:00PM - 1:00PM**

- FLIPS & FLIGHT
- FLYERS & FLEX

**1:00PM - 2:30PM**

- OPEN WORKOUT

### EVENTS

**VARIED TIMES**

- STUNT/TUMBLE/  
GUEST CLINICS

### COST

**\$100/MONTH**

**1 CLASS A WEEK**

### WHAT'S INCLUDED?

60 MINUTES OF WARM UP,  
STRETCH, HONING  
FOUNDATIONS, DRILL WORK,  
SPOTTING, TRAMPOLINE TIME,  
STRENGTH TRAINING, PROGRESS  
UPDATES, SKILL EVALS.

### PROGRESS & COMMUNICATION

OUR STAFF ARE AVAILABLE TO  
DISCUSS PROGRESS, SUGGEST  
AT-HOME EXERCISES, HIGHLIGHT  
FOCUS AREAS, AND SUPPORT  
ATHLETES THROUGH MENTAL  
BLOCKS.

### MAKE-UPS

MAKE UPS ARE OFFERED 1 TIME  
PER MONTH. A TOKEN WILL  
GENERATE AFTER AN ABSENCE  
AND IS GOOD FOR 45 DAYS.

### REGISTRATION

PLEASE VISIT OUR WEBSITE FOR  
REGISTRATION PROCESS AND  
CLASS ENROLLMENT.

**\$65 ANNUAL REGISTRATION  
REQUIRED FOR ALL SERVICES**

[WWW.ARCANEATHLETICSNY.COM](http://WWW.ARCANEATHLETICSNY.COM)  
[ARCANEATHLETICSNY@GMAIL.COM](mailto:ARCANEATHLETICSNY@GMAIL.COM)  
631-250-4100