

# NINJA\U

## CLASS DESCRIPTIONS

Check availability or get added to our waitlists on our website: [www.ninjau.com/classes](http://www.ninjau.com/classes)

### \ LITTLE NINJAS (AGES 3, 4, & 5)

Let your little ninja play, train, and get their wiggles out!  
1 class a week, 40 minutes each  
\$52 a month

### \ NINJA PE (HOMESCHOOL KIDS)

1 class a week  
\$52 a month  
Thursdays at 2pm

### \ ELEMENTARY BEGINNER NINJA (AGES 6-11)

Learn basics and work on the skills to be able to beat the walls & conquer all the obstacles!  
1 class a week  
\$52 a month  
Any kids who can do 4 pull ups may opt out of this class and go right to Elementary Intermediate Ninja

### \ ELEMENTARY INTERMEDIATE NINJA (AGES 6-11)

1 class a week  
\$52 a month  
Must be able to do 4 pull ups to enroll in this class

### \ FAMILY CLASS (ALL AGES)

Parents can train with their kids or siblings can train together, no matter age or skill level  
1 class a week  
\$52 a month per person

### \ JUNIOR/SENIOR BEGINNER NINJA (AGES 12-15)

1 class a week  
\$52 a month  
Anyone who can do 6 pull ups may opt out of this class and go right to Junior Intermediate Ninja

### \ JUNIOR/SENIOR INTERMEDIATE NINJA (AGES 12-15)

1 class a week  
\$52 a month  
Must be able to do 6 pull ups to enroll in this class

### \ ADULT (AGE 18+)

1 class a week  
\$52 a month

### \ TEAM NINJA U

\*For anyone wanting to train hard & compete in ninja competitions or apply to be on American Ninja Warrior  
2 classes a week (80 minutes per class)  
\$136 a month

### \ TEAM PERKS:

Your own yellow locker at the gym  
20% off merch  
2 free open training passes per month  
1 free open training pass for a friend per month

**DON'T SEE A CLASS OFFERED WHEN YOU'D LIKE?**

**LET US KNOW SO WE CAN GATHER INTEREST LISTS! EMAIL US AT [INFO@NINJAU.COM](mailto:INFO@NINJAU.COM).**

# NINJA\U

f @NinjaUGym

5911 UNIVERSITY AVE #350, CEDAR FALLS, IOWA 50613

M-F 11AM-8PM \ SAT 10AM-8PM \ SUN 12PM-8PM

## CLASS SCHEDULE

Check availability or get added to our waitlists on our website: [www.ninjau.com/classes](http://www.ninjau.com/classes)

**DON'T SEE A CLASS OFFERED WHEN YOU'D LIKE?  
LET US KNOW SO WE CAN GATHER INTEREST LISTS! EMAIL US AT [INFO@NINJAU.COM](mailto:INFO@NINJAU.COM).**

MON

TUES

WED

THUR

FRI

SAT

SUN

					<b>9:30am</b> \\ LITTLE NINJAS	
	<b>11am</b> \\ LITTLE NINJAS				<b>11am</b> \\ ELEMENTARY BEGINNER	
					<b>1pm</b> \\ ELEMENTARY INTERMEDIATE	
			<b>2pm</b> \\ NINJA PE			
		<b>3pm</b> \\ ELEMENTARY BEGINNER				
<b>4pm</b> \\ JUNIOR/SENIOR INTERMEDIATE		<b>4pm</b> \\ ELEMENTARY INTERMEDIATE	<b>4pm</b> \\ JUNIOR/SENIOR BEGINNER			
<b>5pm</b> \\ ELEMENTARY BEGINNER			<b>5pm</b> \\ LITTLE NINJAS			
<b>6-7:30pm</b> \\ TEAM NINJA\U	<b>6pm</b> \\ FAMILY CLASS \\ ELEMENTARY BEGINNER		<b>6-7:30pm</b> \\ TEAM NINJA\U			
	<b>7pm</b> \\ ELEMENTARY BEGINNER					