

# 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

### \ 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

### \ EVEREST TRAINING PROGRAM (18+)

Focuses on interval based training to improve health, tighten up, and feel great!

1 class a week, under 45 minutes (including warm up)

### \ EVEREST GOLD PROGRAM (55+)

Focuses on cardio (walking), balance (easy-intermediate), mobility, and fall prevention.

2 classes a week

### \ 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

### \ NINJA PE (HOMESCHOOL KIDS)

1 class a week

\$52 a month

Tuesdays at 2pm

### \ 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-SAT 11AM-8PM \ SUN 12PM-8PM

## CLASS SCHEDULE

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**MON**

**TUES**

**WED**

**THUR**

**FRI**

**SAT**

**SUN**

**5:30am**

\ EVEREST TRAINING PROGRAM

**10am**

\ EVEREST GOLD

**4pm**

\ JUNIOR/SENIOR NINJA

**5pm**

\ ELEMENTARY BEGINNER

**6pm**

\ TEAM NINJA\U

**11am**

\ LITTLE NINJAS

**2pm**

\ NINJA PE

**6pm**

\ FAMILY CLASS  
\ ELEMENTARY BEGINNER

**7pm**

\ ELEMENTARY BEGINNER

**5:30am**

\ EVEREST TRAINING PROGRAM

**3pm**

\ ELEMENTARY BEGINNER

**4pm**

\ ELEMENTARY INTERMEDIATE

**5:30am**

\ EVEREST TRAINING PROGRAM

**10am**

\ EVEREST GOLD

**4pm**

\ ELEMENTARY BEGINNER

**5pm**

\ LITTLE NINJAS

**6pm**

\ TEAM NINJA\U

**9:30am**

\ LITTLE NINJAS

**11am**

\ ELEMENTARY BEGINNER

**1pm**

\ ELEMENTARY INTERMEDIATE