

NINJA \ U

CLASS DESCRIPTIONS

Check availability or get added to our waitlists on our website: 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

\$52 a month / \$8 drop in / Buy a 10 punch card for \$65

\ JUNIOR/SENIOR BEGINNER NINJA (AGES 12-18)

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 12-18)

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

Thursdays 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.

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

6:20am

\ EVEREST TRAINING PROGRAM

10am

\ EVEREST GOLD

4pm

\ JUNIOR/SENIOR NINJA

5pm

\ ELEMENTARY BEGINNER

6pm

\ TEAM NINJA\U

11am

\ LITTLE NINJAS

6pm

\ FAMILY CLASS
\ ELEMENTARY BEGINNER

7pm

\ ELEMENTARY BEGINNER

5:30am

\ EVEREST TRAINING PROGRAM

6:20am

\ EVEREST TRAINING PROGRAM

3pm

\ ELEMENTARY BEGINNER

4pm

\ ELEMENTARY INTERMEDIATE

5:30am

\ EVEREST TRAINING PROGRAM

6:20am

\ EVEREST TRAINING PROGRAM

10am

\ EVEREST GOLD

2pm

\ NINJA PE

4:15pm

\ ELEMENTARY BEGINNER

5pm

\ LITTLE NINJAS

6pm

\ TEAM NINJA\U

9:30am

\ LITTLE NINJAS

11am

\ ELEMENTARY BEGINNER

1pm

\ ELEMENTARY INTERMEDIATE