



# Come & Try Calisthenics

*Calisthenics* develops confidence and grace through disciplined teamwork with the chance to perform on stage.

No other dance form offers the diversity of calisthenics: flexibility, apparatus, marching, dancing and singing.... There is SO MUCH variety!

**FREE**  
Come & Try  
classes throughout  
February!!

 [INFO@MAROONDAH.CAL.ASN.AU](mailto:INFO@MAROONDAH.CAL.ASN.AU)  [WWW.MAROONDAH.CAL.ASN.AU](http://WWW.MAROONDAH.CAL.ASN.AU)



## Maroondah Calisthenics Club

\*\*Located in RINGWOOD\*\*

**TINIES (AGES 3 - 7)**  
Saturday 9am - 1030am

**INTERMEDIATES (AGES 14 - 16)**  
Friday 6pm - 9pm

**SUB JUNIORS (AGES 8 - 10)**  
Saturday 11am - 130pm

**SENIORS (AGES 16 YRS+)**  
Tuesday 7pm - 10pm

**JUNIORS (AGES 11 - 13)**  
Thursday 5pm - 8pm

**MASTERS (AGES 26 YRS+)**  
Monday 730pm - 930pm

