



JULY 2009

4770 San Pablo Ave Unit E

Emeryville, CA 94608

www.athleticplayground.com

(510) 355.1626

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Monkey Chi 6:30-7:30		Monkey Chi 6:30-7:30		Monkey Chi 6:30-7:30		
Monkey Conditioning 8:00-9:00am	Monkey Conditioning 8:00-9:00am	Monkey Conditioning 8:00-9:00am	Monkey Conditioning 8:00-9:00am	Monkey Conditioning 8:00-9:00am		
Monkey Conditioning 9:00-10:00am	Monkey Conditioning 9:00-10:00am	Monkey Conditioning 9:00-10:00am	Monkey Conditioning 9:00-10:00am	Monkey Conditioning 9:00-10:00am	Monkey Conditioning 9:00-10:00am	
		Open Gym 10:00am-12:00pm				Morning Flow 10:00-11:00am
	Handstand Level 2 11:30am-12:30pm		Handstand Play 12:00-1:00pm (only 7/16 & 7/23)			Capoeira 11:00-12:00pm
Capoeira 1:00-2:00pm (no class 7/20)			Open Gym 1:00-3:00pm			Handstand 12:00-1:00pm
	Aerial Improv. 2:30-3:30pm					Basic Tumbling & Tricks 1:00pm-2:00pm
						Aerial Fitness 2:00pm-3:00pm
						Parkour 3:00pm-4:00pm
				Basic Partner Acrobalance 4:00-5:00pm		
				Aerial Skills Level 2 5:00-6:00pm		AcroYoga Flying 5:00pm-6:30pm
Basic Tumbling & Tricks 6:30-7:30pm	AcroYoga Inversions & Acrobatics 6:00-7:30pm	Monkey Conditioning 6:30-7:30pm (roda 7/1)	AcroYoga Flying 6:00-7:30pm			Open Gym 6:30pm-8pm
Aerial Improv. 7:30-8:30pm	Parkour 7:30-8:30pm	Capoeira 7:30-8:30pm (roda 7/1) (no class 7/22)	Parkour 7:30-8:30pm			
Open Gym 8:30-10:30pm	Open Gym 8:30-10:30pm	Handstand 8:30-9:30pm	Aerial Fitness 8:30-9:30pm			

Community Events:

- 7/4 (Sat) **July 4th Play & Potluck @ Tilden Park**
3Pm - ??? , FREE!
- 7/12 (Sun) **Movie Night & Potluck**
7pm FREE/donation
- 7/25 (Sat) **Play & Potluck @ MLK Park**
11am-2pm, FREE!
- 7/1 (Wed) **Capoeira Mandinga Roda**
6:30-8:30pm , \$10 (Free for members)

Dance Nights:

Blues Playground #9

7/11 (Sat)

8pm-9pm **Intro Class**

9pm-12am **Open Dance**

\$5 (Including Class!)

Lindy Mix Up #4

7/18 (Sat)

Prices:

- Drop In \$15
- 12 Drop-Ins (Good for 3 months) \$150
- One Month Unlimited Membership \$130
- Auto Pay Unlimited Membership \$120 (\$85 for students)
- Open Gym \$5
- Personal Training \$90 (10 Sessions \$750)
- Semi Personal Training \$60 (10 sessions \$500)

More info about our events & classes at

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