



MARCH 2010

4770 San Pablo Ave, Unit E
 Emeryville, CA 94608
 www.AthleticPlayGround.com
 (510) 355.1626

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|--|---|-------------------------------------|--|--------------------------------------|
| Yoga 7:30-8:30am | | Yoga 7:30-8:30am | | | | |
| Monkey Conditioning 8:30-9:30am | Monkey Conditioning 8:30-9:30am | Monkey Conditioning 8:30-9:30am | Monkey Conditioning 8:30-9:30am | Monkey Conditioning 8:30-9:30am | Monkey Conditioning 9:00am-10:00am | Monkey Conditioning 9:00-10:00am |
| Open Gym 9:30am-12:00pm | Open Gym 9:30am-12:00pm | Open Gym 9:30am-12:00pm | Open Gym 9:30am-12:00pm | Open Gym 9:30am-12:00pm | Aerial Conditioning 10:30am-11:30am | Capoeira 10:00am-11:00pm |
| Aerial Sequencing (level 2) 12:00-1:00pm | Partner Flips 12:00-1:00pm | Aerial Conditioning 12:00-1:00pm | Monkey Conditioning 12:00-1:00pm | Aerial Conditioning 12:00-1:00pm | Aerial Skills (Level 2) 11:30am-12:30pm | Capoeira Floreio 11:00am-12:00pm |
| Yoga 1:00-2:00pm | | Yoga 1:00-2:00pm | | Yoga 1:00-2:00pm | Parkour 12:30-1:30pm | Handstand 12:00-1:00pm |
| | | | | | Break Dance 1:30-2:30pm | Tumbling & Tricks 1:00-2:00pm |
| | | Acrobatics KIDS 3-4pm (ends 3/10) | | | AcroBalance 2:30-3:30pm | Aerial Skills 2:00-3:00pm |
| | Acrobatics KIDS 4-5pm (ends 3/16) | Aerial/Circus KIDS 4-5pm (ends 3/10) | | | AcroBalance (Level 2) 3:30-4:30pm | Partner Flips 3:00-4:00pm |
| | Handstand Play (level 2) 5:00-6:00pm | | Handstand Training (level 2) 5:00-6:00pm | | Aerial Skills 4:30-5:30pm | Parkour 4:00-5:00pm |
| Monkey Conditioning 5:30-6:30pm | AcroYoga Flying 6:00-7:30pm | Monkey Conditioning 5:30-6:30pm | AcroYoga Flying 6:00-7:30pm | Monkey Conditioning 5:30-6:30pm | Open Gym 5:30-6:30pm | AcroBalance 5:00-6:00pm |
| Tumbling & Tricks 6:30-7:30pm | | Tumbling & Tricks 6:30-7:30pm | | Tumbling & Tricks 6:30-7:30pm | | AcroBalance (Level 2) 6:00-7:00pm |
| Aerial Improv. 7:30-8:30pm | Parkour 7:30-8:30pm | Capoeira 7:30-8:30pm | Parkour 7:30-8:30pm | Free Falling 7:30-8:30pm | | Open Gym 7:00-9:00pm |
| Aerial Improv. (Level 2) 8:30-9:30pm | Aerial Conditioning 8:30-9:30pm | Handstand 8:30-9:30pm | Aerial Skills 8:30-9:30pm | Acro - Dance 8:30-9:30pm | | |
| Open Gym 9:30-11:00pm | Open Gym 9:30-11:00pm | Open Gym 9:30-11:00pm | Open Gym 9:30-11:00pm | | | |
| <i>Check our schedule online for changes and more info!</i> | | | | | | |

Prices:
 Drop In \$15 , Open Gym \$5
 12 Drop-Ins (Good for 3 months) \$150
 One Month Unlimited Membership \$130
 Auto Pay Monthly Unlimited Membership \$120
 Kids Class Drop In \$20

Personal Training \$90 (10 sessions for \$750)
 Private Group Training \$120 (up to 8 people)

Blues Playground
 3/6 (Sat)
 8pm-9pm Into Class
 9pm-12am Social Dancing
 \$5 (including class)

Latin Dance Party
 3/27 (Sat)
 8pm-9pm Into Class
 9pm-12am Social Dancing
 \$5 (including class)

Lindy Mix Up
 3/20 (Sat)
 8pm-9pm Into Class
 9pm-12am Social Dancing
 \$5 (including class)

Movie Night & Potluck
 "Howl's Moving Castle"
 3/14 (Sun)
 7:00pm, Free!

Wednesdays KIDS (Spring)
 3-4pm **Acrobatics**, 4-5pm **Aerial/Circus**
 March 31st- June 9th (No class 5/19)
 \$100 each or \$150 for both (10 weeks)

Tuesdays KIDS (Spring)
Acrobatics 4-5pm
 April 7th - June 9th
 \$90 (9 weeks)

SUMMER KIDS PROGRAM (Ages 6-12)
 Aerial/Circus/Parkour/Capoeira/Acrobatics
Week 1: June 28 - July 2, 1-4pm
Week 2: July 6 - July 9, 1-4pm
Week 3: July 12 - July 16, 1-4pm
Week 4: July 19 - July 23, 1-4pm

Price: \$200/week (Register before April 1st for **only \$120!**)