



www.mini-hops.com
952-933-2452



www.tigerathletics.com; info@tigerathletics.com
612-695-8770

NEW OFFERING At MHG

BOOT CAMP FOR ADULTS THROUGH TIGER ATHLETICS AND CORRESPONDING LIL TIGER BOOT CAMP WITH MINI-HOPS

Entertaining and exhausting kids is our business! We're equipped for it! We're Trained for it! We've done it seven days a week for over three decades! The Lil Tigers will experience seventy five minutes of fun, exciting gymnastics challenges. The gross motor and fine motor skill curriculum includes age based obstacle courses, climbing, trampoline work and progressive skill development. Our professional staff will also build the participants pre-academic skills while promoting social and emotional development. Ultimately each child will learn life skills through the sport of gymnastics. Ages Infant to 6 years old

Make Fitness a Family Affair!
Sign up for 75 Minutes of Cross - Fit Boot Camp Training! Also, sign your kids up for Lil Tiger Activity Class at the same time!

- Adult Weekly Focus is Balanced:**
- Mon: Endurance/Core/Yoga
 - Tues: Strength Circuit/Yoga
 - Wed: AT intervals/Core/Yoga
 - Thurs: Yoga Sculpt/Endurance Mix
 - Fri: Athletic H2O Workout
- ** No Swimming/all core/get lean!

Locations

Main Boot Camp: Mini-Hops Gym
131 Cheshire Lane #100 Minnetonka, MN 55305
952-933-2452 www.mini-hops.com
Call for Lil Tiger registration

Water Workouts: Marriott Residence Inn (Fri)
2750 Annapolis Circle Plymouth, MN 55441

- Adults WILL WORK ON:**
- All of the above!
 - Show up and see a difference in 2 weeks!
 - Guaranteed Change!

	Packages	Dates	Days & Times	Fees	Per/Session	
Adult Fitness Pricing	20 SESSIONS	Oct 19-Nov 13	Mon-Fri 9:45-11AM	\$319 * \$299 if sign up by Oct 9th!	\$16 / Session *Early Bird \$15/session	For Registration Contact Tiger Athletics 612-695-8770
	15 SESSIONS	Oct 19-Nov 13	Mon-Fri 9:45-11AM	\$255 * \$240 if sign up by Oct 9th!	\$17 / Session *Early Bird \$16/session	
	Individual Sessions	24 hour Reservations Required	9:45-11AM	\$20.00	\$20 / Session	
Lil Tiger Pricing	Infant - 24 months Pre-registered	Oct 19-Nov 13	Mon-Thur 9:45-11AM	\$12.50/class 8 + pre-registered sessions receive a 10% discount		For Registration Mini-Hops Gymnastics 952-933-2452
	2-6 year olds Pre-registered	Oct 19-Nov 13	Mon-Thur 9:45-11AM	\$10.00/class 8 + pre-registered sessions receive a 10% discount		
	Individual Sessions Drop-in	48 hour Reservations Needed for guaranteed spot	Infant - 24 months	\$15.00/class		
			2-6 year olds	\$12.50/class		

Lil Tiger enrollment must be in addition to a MHG class or Parent must be registered in the Adult Boot Camp