

Lombardi Recreation

PRESENTS

Gymnastics Seminar facilitated by NAKA Athletics



Space is Limited!

Registration is located at the main desk and must be paid in full at the time of submission to reserve your spot for the seminar.

Contact Johnny with any questions.

jberrioc@unr.edu

\$ 2 5 F O R L R C M E M B E R S

Spend a few quality hours with Coach Carl Paoli by learning how to apply basic gymnastics, acrobatic and freestyle movement to your training program. If you want to increase your agility, mobility, and the versatility of your training program, then this is the perfect seminar for you!

This seminar is appropriate for athletes, coaches, and fitness enthusiasts at any skill level. You'll learn how to safely perform, coach and correct basic gymnastic movements in order to enhance your performance and reach your personal goals.

SATURDAY MARCH 31, 2012 @ 8 AM – 5 PM