

## **Challenge Sports Trampoline Classes**

Wednesday Evenings 7:00 -8:00 PM Year round

Challenge Sports is offering a very unique exercise class at Sky High Sports in Rancho Cordova! Want to improve your fitness and have lots of fun? This low impact, 50 minute class is taught with our kids abilities in mind, and helps to improve balance, coordination and cardio function, tone muscles, build confidence, and best of all, provide a fun, safe and social group exercise opportunity. The trampolines are built with safety in mind, and with specially designed, spring-loaded frames, they are unlike home trampolines. The trampoline we use has 12 large individual jumping areas, plus room for our instructor and typical peer aides. Landing has never been safer, as all frames and springs are covered by thick safety pads. And with 360 degrees of trampoline wall, there's no falling off!

This very popular two-year-old program currently has a waiting list – please contact us to add your name and/or to add your name to our substitute list.

Contact Challenge Sports for more information: 916-554-0889 or visit our website at [www.challengesports.org](http://www.challengesports.org). You can also email us at [sacramentochallengesports@gmail.com](mailto:sacramentochallengesports@gmail.com)