

Adults

An inclusive program for 18 yrs+. Improve mobility, build core strength and have fun

Adult classes are for those who are over 18yrs. From Balance Beam to Uneven Bars, Rings to Somersaults you can try exercises usually left to kids or pro's. Our Adults classes will teach you basic strength and flexibility, build core stability and create body and spatial awareness. Whether you are a retired athlete who is not quite ready to hang up their guards or a newbie to the sport, this class is for you.

View our timetable below:

Monday	7.00-8.30pm
Tuesday	-
Wednesday	-
Thursday	7.00-8.30pm
Friday	-
Saturday	-



Gymnastics
Queensland

FIND OUT MORE: WWW.MACKAYGYMNASTICS.ORG.AU