

# Adults

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

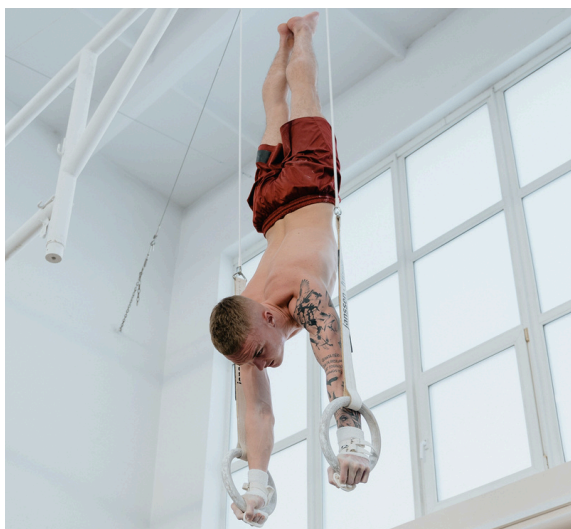
Adult classes are for those who are over 18yrs. From Balance Beam to Uneven Bars, Rings to Somersaults you can try exercises usually left to kids or pro's.

Purchase a 10 Class Pass for \$294 or casual pay as you come is \$30/class. Plus  
 \$ 120.00 - MGI Membership for 2026  
 \$ 40.00 - Insurance Gymnastics Australia for 2026

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:

<b>Monday</b>	7.00-8.30pm
<b>Tuesday</b>	-
<b>Wednesday</b>	-
<b>Thursday</b>	7.00-8.30pm
<b>Friday</b>	-
<b>Saturday</b>	-



**Gymnastics**  
Queensland

**SCAN THE QR CODE TO  
BOOK A FREE TRIAL OR  
ENROL IN THE CLASS**



**FIND OUT MORE: [WWW.MACKAYGYMNASTICS.ORG.AU](http://WWW.MACKAYGYMNASTICS.ORG.AU)**