

# Men's Artistic Gymnastics

## Discover daring skills of strength

Men's Artistic Gymnastics (MAG) combines elements of strength, power, agility, and artistry to produce amazing feats of highflying skill and awe-inspiring strength.

Develop self confidence, fitness, and work ethic in this challenging, fun, and safe gymsport. Athletes perform on the following six apparatus:

- Floor
- Pommel Horse
- Rings
- Vault
- Parallel Bars
- Horizontal Bar

In Men's Artistic Gymnastics, you can:

- Build strength and body awareness
- Grow self-confidence and creative expression
- Enhance coordination, mobility, flexibility, and agility
- Develop healthy minds and bodies for now and later in life

View our timetable below:

\*Entry level classes listed below. Other levels are available upon invitation only.

<b>Monday</b>	-
<b>Tuesday</b>	-
<b>Wednesday</b>	-
<b>Thursday</b>	-
<b>Friday</b>	-
<b>Saturday</b>	Boys Bronze 9.30-10.30am



**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)