## Start Here...



## Go Anywhere!

## Top 10 Benefits of Gymnastics at G.A.B.

Learn to *Perform* in front of others



6. Develop a

Hard Work Ethic

Welcome to our

G.A.B. Family...





2. Improve *Fitness* & *Strength* Development



**REGISTER TODAY!** 

8. Develop *Social Skills* 



7. Learn *Discipline* 



4. Instill **Determination** 



3. Improve *Balance* and *Coordination* 



1. Gain **SELF CONFIDENCE!** 



Registration is now Open for 2011 - 2012 Season

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