

SKYROBICS™

**BURN UP TO 1,000 CALORIES AND
HAVE A BLAST DOING IT!**

SkyRobics™ combines calisthenics, core exercises and strength building aerobics, all done on Sky Zone's patented, all-trampoline, walled playing courts.

- Burn up to 1,000 calories per hour
- Low impact - easy on your joints
- Comprehensive 60-minute classes
- Ideal for those of any fitness level
- Sign up ahead of time, classes fill up quickly

**HAVE FUN,
FLY SAFE!**

CLASS SCHEDULE:

Monday - Thursday

**5:00 AM
&
8:00 PM**

Ask about SkyRobics 4Kids,
a fun, fit program for kids on
select Sundays.

PRICING:

**Pay by the Class - \$10
10 Class 'Get Fit' Pass - \$80
Monthly Membership - \$85***

**Your first class is
HALF PRICE!**

*Rates are subject to change. Taxes not included.



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FACEBOOK & TWITTER**

WWW.FACEBOOK.COM/DESMOINES
WWW.TWITTER.COM/SKYZONEDM

Sky Zone Indoor Trampoline Park
1300 SE Gateway Drive, Suite 103
Grimes, IA 50111
t 515-986-2524 | f 888-900-1104
www.skyzone.com/desmoines



SKY ZONE
INDOOR TRAMPOLINE PARK