



NINJAZONE®

1352 Matthew Spicer Rd., Copperas Cove, TX 76522 | www.gymkix.com | (254) 542-2600

This program is transforming the way that kids move!

NinjaZone focuses the minds of enthusiastic kids by using movements their bodies inherently crave. Ninjas are trained to spin, roll, flip, kick, and fly through challenges - almost as if they are starring in a real-life video game. Ninja skills transcend the gym.

The progressive skill system in the NinjaZone program teaches focus, grit, and confidence, leaving kids ready for the next challenge - at Ninja class, or in life.

A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the NinjaZone creed. Children advance and learn at their own pace.

The levels of NinjaZone are defined by the headband colors of White, Yellow, Green, Blue, and Purple.



GymKix Ninja Journey!

Ninja Purple:

Emphasis on more advanced Flips and Combinations from the skills learned in Ninja Blue. Continuation of previous levels with advancement in the difficulty of combos.

NINJA PURPLE

Ninja Blue:

Ninjas are usually in this level for 8-12 months

Emphasis on Jump + Kick + Flip Combos as well as more advanced strength & agility. (ex: 16 ft. rope climb). Continuation of previous levels with advancement in the difficulty of combos.

NINJA BLUE

Ninja Green:

Ninjas are usually in this level for 6-12 months

Mastery of all safety techniques & ability to follow Ninja standards in focus & taking direction. Skills mastery of beginner progressions (ex: rolling, hand support, spotted flipping, wall progressions 1 & 2, precision kicking technique, & basic transitions). Introduction to solo flipping, basic jump + kick + flip combos, turning and flipping window escapes, etc.

NINJA GREEN

Ninja Yellow:

Ninjas are usually in this level for 6-9 months

Training for fundamental body movement, basic skills including Ninja rolling for safety, back-flip progressions, basic vaulting, wall progressions using the warp wall, techniques to move fluently from object to object & safely swing rope to rope, basic kicking & punching technique, development of core strength & speed. Safety techniques for falling, landing and transitioning are strongly emphasized. Students should be able to perform progressions independently.

NINJA YELLOW

Ninja White:

Ninjas are usually in this level for 3-6 months

Training for fundamental body movement, basic skills including Ninja rolling for safety, swinging and climbing rope techniques, progressions for wall runs, using a warp wall, basic vaulting progressions, basic kicking & punching technique, development of core strength & speed. Safety techniques for falling, landing and transitioning are strongly emphasized as well as instructor assisted learning.

NINJA WHITE (Kickstart)

**TURNING ENERGY INTO AMBITION
ONE AWESOME KID AT A TIME!**

NINJAZONE®

Boys & Girls | Ages 2* - 12 yrs.

*See Early Development Schedule for Classes for 2 - 4 year olds.



Class	Tuesday	Thursday
Kick Start Ninja Ages: 5 yrs. Level: Beginner	4:45 - 5:45 pm	4:45 - 5:45 pm
Ninja White Ages: 6 - 11 yrs. Level: Beginner	4:45 - 5:45 pm 6:00 - 7:00 pm	4:45 - 5:45 pm
Ninja Yellow Ages: 6 - 11 yrs.	6:00 - 7:00 pm	6:00 - 7:00 pm
Ninja Green Ages: 6 - 11 yrs.	7:10 - 8:10 pm	7:10 - 8:10 pm
Ninja Blue Ages: 6 - 12 yrs.		7:10 - 8:10 pm
Ninja Purple Ages: 6 - 12 yrs.		7:10 - 8:10 pm



LET'S GET STARTED!

SCAN

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<https://gymkix.com/enrollment/>

CLASS TUITION

Monthly Tuition includes ONE class per week

Class Length	Monthly Tuition
30 - 45 minutes	\$88.25
1-hour	\$99.25
••• \$20 discount for additional children/classes •••	

Cassandra Knepp ★★★★★

"Love this gym so much. All of the staff is so kind and greet you with a smile when entering. I appreciate them being so patient with my son who's autistic which is a big bonus for us. The facility is always clean too which is another bonus!"

Erin Wehland ★★★★★

"My daughter started the ninja training classes a few weeks ago. She loves it! The coaches are awesome with the the kids and seem to be having as much fun as the kids do."

