

GYMNASTICS

with
Bogdana
Pashkovska



Does your daughter enjoy stretching, tumbling, running around? Is she full of energy? Are you interested in finding a fun way to keep your child busy while also making sure she has an outlet for her endless energy and creativity? This course is the perfect activity for your girl!

Based on a professional **Rhythmic Gymnastics** training program and tailor-made for the beginners, Gymnastics with Bogdana provides an entertaining and efficient way of obtaining new skills, which will impress your family and friends, healthy lifestyle habits and breath-taking results of grace and flexibility.

Rhythmic Gymnastics routines are choreographed to match music and it's beat, and include dance movements sometimes combined with special small equipment like ropes, hoops, balls, ribbons etc.

This program is not only a healthy combination of physical activity and social interaction, it can also build confidence. Dancing and performing allows children to express themselves physically while they relax and have fun. Rhythmic Gymnastics is the art of expressive movement combined with a unique blend of gymnastics that your child will LOVE!

Bogdana Pashkovska has been practicing **Rhythmic Gymnastics** since early childhood and was trained by world-class coaches whose students achieved the top awards in Olympic games and world tournaments. She has been living in Hong Kong since 2000 and used to train the Hong Kong Rhythmic gymnastics team as a coach of the Hong Kong Amateur Gymnastics Association.



Day : Every Tuesday

Time/Age : 3:30pm-4:30pm (8-9 yrs)
4:30pm-5:30pm (6-8 yrs)

Day : Friday

Time/Age : 3:30pm-4:30pm (6-8 yrs)
4:30pm-5:30pm (5-6 yrs)

Fee : \$190 per class

Venue : Studio A 2/F

To sign up, scan the QR code or call The Fitness Centre on 2657 8292 for enquiries.