

and



PRESENT

# VAULTNASTICS

A pole vault specific class geared to help athletes achieve the core strength and body awareness needed to become a top vaulter.



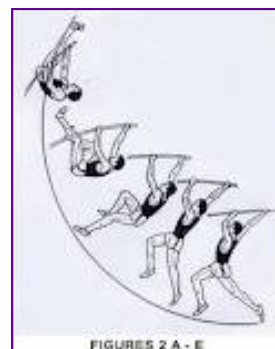
Saturdays 12pm-1pm

J&R Gymnastics

1437 S. Walnut Ave.

New Braunfels, TX 78130

(830) 606-0375



[www.jandrgymnastics.com](http://www.jandrgymnastics.com)



November and December are **FREE** for all **Lonestar** Gold and Platinum Members.

Cost for all others is **\$20**.

\* Beginning January 1, 2012 MEMBER PACKAGE PRICES will be available. \*

MORE INFO: Call **OLYMPIC QUEST** at (830) 620-1175 or visit online at [www.lonestarpv.com](http://www.lonestarpv.com)