



PARKOUR GENERATIONS BOSTON



SUNDAY OUTDOOR CLASSES

11:00am - 12:30pm

Kids Class (Ages 6-13)

Adult Class (Ages 14 - 70+)

Location changes monthly

Our outdoor classes are open to all abilities and fitness levels - whether it's your first jump off the couch or you've been training for years! Classes include a combination of technical instruction, group and individual challenges, plus lots of exercises to build functional strength - to help you overcome both physical and mental obstacles, while have fun doing it!

The Kids class runs at the same time as the Adult class - so bring the whole family to kick-start everyone's Sunday!

PARKOUR
GENERATIONS
BOSTON

WHAT IS PARKOUR?

Parkour is a progression-based movement discipline that originated in France in the late 1980's. Practitioners train their bodies and minds to safely move through their surroundings while overcoming mental and physical obstacles. Parkour training places an emphasis on exploring and adapting to our everyday environments in order to build functional strength, self-confidence, and community.

b o s t o n @ p a r k o u r g e n e r a t i o n s . c o m

W W W . P K G E N B O S T O N . C O M