

PARKOUR GYM NOW OPEN.

Parkour is an art of movement designed to teach you how to tackle obstacles and overcome challenges. Build self-confidence and get active by learning how to run, jump, climb, vault and swing through any environment. Our new facilities offer a wide range of training equipment unique to NYS with a variety of classes for kids, teens, and adults led by trainer and founder Charles Moreland, a NSCA Certified Strength and Conditioning Specialist. At **rocpk** we are dedicated to teaching parkour in a safe, effective and fun manner. Come check us out!



GYM HOURS

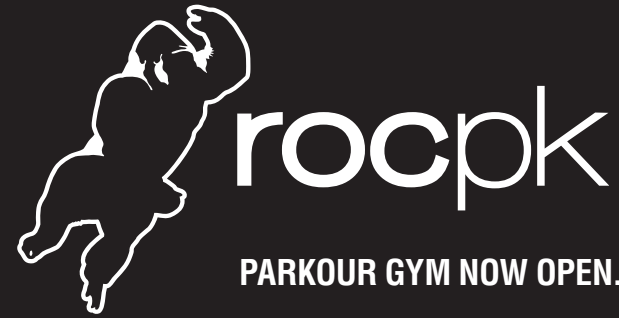
5:00 pm–10:00 pm M-F
5:00 pm–8:00 pm Saturday

Single Lesson \$15
Open Gym \$5
Monthly packages also available

ROCHESTER PARKOUR

121 Lincoln Avenue
Rochester, NY 14620

☎ : (260) TO-TRAIN
(260) 868.7246
🌐 : rochesterparkour.com
✉ : info@rochesterparkour.com



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