

★ ENA OFFERS ★

JUNIOR GYMNASTICS CLASSES

GENERAL CLASSES

ADVANCED CLASSES

BIRTHDAY PARTIES

COMPETITIVE PROGRAMS



★ THE ENA PHILOSOPHY ★

At Eastern National Academy of Gymnastics we believe that gymnastics training provides the best possible foundation in physical fitness, emphasizing the development of strength, flexibility, and coordination, the basics of all sports. We aim to develop each student's self-discipline, self-confidence, and enthusiasm, as well as gymnastics skills.



★ LEARN HOW TO ★

FLIP, FLY & TUMBLE!

ENAPARAMUS.COM

201-262-6244

600 WINTERS AVE, PARAMUS, NJ



★ CLASSES ★

ENA OFFERS

JUNIOR GYMNASTICS

Monday - Thursday: 9:30am, 10:25am, 1:00pm & 1:50pm
Friday: 1:00pm, 1:50pm Saturday: 9:00am & 10:00am

GENERAL CLASSES

Monday - Friday: 3:45pm, 5:00pm, 6:15pm
Saturday: 11:00am, 12:15pm

ADVANCED CLASSES

Monday - Friday: 3:45pm, 5:00pm, 6:15pm

Visit **ENAPARAMUS.COM** for more info

PARTIES

CELEBRATE YOUR NEXT
BIRTHDAY AT
ENA GYMANSTICS

Offered Sundays: 12:00, 2:00, & 4:00 o'clock



GET IN TOUCH

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