

Guest Dress Code

- For your safety and enjoyment, please wear comfortable clothes such as t-shirts, elastic-waist sweatpants or shorts, leotards, or any other appropriate activewear.
- No gum, food or drink is allowed in any gym or studio areas. We appreciate your cooperation.
- As always, listen to your instructor at all times and wait for directions before proceeding.
- Your cooperation in maintaining a learning environment free of profanity, misbehavior, and disrespect is expected at all times.

Directions to Sterling Gym

Sterling Gym is conveniently located near the junction of Rt. 12 and 190 in Sterling, MA.

Online at:
www.sterlinggym.com/directions/

Take 190 to Exit 6 to Rt. 12 North towards Leominster. After proceeding 1 mile on Rt. 12 North, turn right onto Pratts Junction Road at yellow blinking light. After 1 mile, turn right onto Industrial Drive at Sterling Gym sign.



Be our guest! You're invited to a birthday party for:



Birthday Child's Name

on: _____

Month / Day

at: _____ am / pm

Time



R.S.V.P.

hosted by:
Sterling Academy of Gymnastics & Dance
Sterling Martial Arts
15 Industrial Drive, Sterling, MA 01564

978-422-ROLL
www.sterlinggym.com
facebook.com/sterlinggym

All participants are required to complete a release form prior to entering any fitness areas of Sterling Gym. Currently enrolled students do not need a release form.

See you in the Pit!

Guest Dress Code

- For your safety and enjoyment, please wear comfortable clothes such as t-shirts, elastic-waist sweatpants or shorts, leotards, or any other appropriate activewear.
- No gum, food or drink is allowed in any gym or studio areas. We appreciate your cooperation.
- As always, listen to your instructor at all times and wait for directions before proceeding.
- Your cooperation in maintaining a learning environment free of profanity, misbehavior, and disrespect is expected at all times.

Directions to Sterling Gym

Sterling Gym is conveniently located near the junction of Rt. 12 and 190 in Sterling, MA.

Online at:
www.sterlinggym.com/directions/

Take 190 to Exit 6 to Rt. 12 North towards Leominster. After proceeding 1 mile on Rt. 12 North, turn right onto Pratts Junction Road at yellow blinking light. After 1 mile, turn right onto Industrial Drive at Sterling Gym sign.



Be our guest! You're invited to a birthday party for:



Birthday Child's Name

on: _____

Month / Day

at: _____ am / pm

Time



R.S.V.P.

hosted by:
Sterling Academy of Gymnastics & Dance
Sterling Martial Arts
15 Industrial Drive, Sterling, MA 01564

978-422-ROLL
www.sterlinggym.com
facebook.com/sterlinggym

All participants are required to complete a release form prior to entering any fitness areas of Sterling Gym. Currently enrolled students do not need a release form.

See you in the Pit!