



PARKOUR GENERATIONS BOSTON

What Is Parkour?

Parkour is a movement discipline in which practitioners train to safely move their bodies through their environment while overcoming mental and physical obstacles. Parkour training is progression-based and places an emphasis on adapting movements within our everyday surroundings to build functional strength, self-confidence, and community.

WE OFFER PARKOUR CLASSES, WORKSHOPS AND EVENTS!

FOR ALL AGES!

- MICRO CLASSES (AGES 4-6)
- KIDS CLASSES (AGES 6-13)
- TEEN CLASSES
- ADULT CLASSES
- LOW IMPACT & 50+ CLASSES

ADDITIONAL SERVICES:

- AFTERSCHOOL ENRICHMENT PROGRAMS
- BIRTHDAY PARTIES
- PRIVATE LESSONS
- SCHOOL VACATION CLINICS & CAMPS
- PE CURRICULUM ENHANCEMENT
- CORPORATE OFF-SITES
- PARK & PLAYGROUND DESIGN

FIND OUR CURRENT FULL SCHEDULE ONLINE!

Sign up on our website
or

SCAN THE CODE BELOW!



Enjoy easy access to multiple classes with our Monthly Memberships - save time and money!

boston.info@parkourgenerations.com • 617 302 7542

WWW.PKGENBOSTON.COM