



## Are you ready to learn Parkour?

Parkour is the art of overcoming obstacles as swiftly and efficiently as possible using only your body. The fundamentals include running, jumping, and climbing, and we build on these fundamentals to improve our ability to pass over, under, around, and through obstacles with more complex movements.

## PNWPA is now offering classes at Northwest Crossfit in Seattle.

**The Pacific Northwest Parkour Association (PNWPA)** is a non-profit organization chartered by traceurs (Parkour practitioners) to build confidence through safe and effective Parkour training and promote overall fitness. Our classes are a perfect introduction to Parkour for people of all ages and levels. The focus is on Parkour basics, safety, progression, and fun. Each class offers new techniques and unique challenges. You will develop your ability to run, jump, vault, roll, climb, scale walls, swing from bars, and flow between rails. You will build strength, speed, agility, endurance, and coordination. Best of all you will experience the joy and freedom of using your body's full potential for movement.

**Northwest Crossfit** is located at 466 NE 70th St., near Greenlake in Seattle, and online at [nwcrossfit.com](http://nwcrossfit.com). Northwest Crossfit is a functional fitness gym that shares PNWPA's goal of providing opportunities to train hard and develop your full physical potential.

## Learn from the best.

**Coach Rafe Kelley** is a founding member of Washington's Parkour community, and one of the first full-time Parkour coaches in North America. Rafe has been teaching Parkour to people of all ages since 2006 when it first started to gain popularity in the US, and has trained under world-famous French and English traceurs. Rafe is the first American MovNat certified coach, a NASM certified personal trainer, and a USAG certified gymnastics coach. You can contact Rafe at [rafe@pnwpa.com](mailto:rafe@pnwpa.com).

**Coach Tyson Cecka** is the founder and Chair of the PNWPA and a stunt man with over five years of professional experience in gymnastics, martial arts, Parkour, and freerunning. Tyson's Parkour talents have been showcased in commercial advertising for K-Swiss and on ESPN's *High 5 Extreme Sports*. He has traveled the world to learn, teach, and promote Parkour, most recently in Beirut where on behalf of the US Embassy he introduced Parkour to kids in that region. You can contact Tyson at [tyson@pnwpa.com](mailto:tyson@pnwpa.com).

### Parkour Class Schedule

Visit [www.pnwpa.com](http://www.pnwpa.com) for more details and pricing, or drop in for any class.

**Your first class is free!**

Tues & Thurs, 7:30 — 9:00pm

Saturday, 1:00 — 2:30pm

Kids Classes (ages 6 & up)

Weds & Fri 4:15 — 5:15pm

[www.pnwpa.com](http://www.pnwpa.com)

© 2008 Pacific Northwest Parkour Association, a non-profit 501(c)(3) organization. All images are the property of their respective owners and are used with permission by PNWPA.

Please share & distribute this document unmodified.

*Parkour Classes Flyer (Rev 1 - 11.08)*

**PACIFIC NORTHWEST  
PARKOUR  
ASSOCIATION**