

NEWS & NOTES FOR SPRING 2016

March winds are blowing and spring is here.

A time for new beginnings and so it is here at the gym.

We are winding down Session #3 with only 3 weeks left.

Session #4 begins the week of April 4th. Registration and Discounts are now !!

Take a look at the attached schedule. YES, we have added new classes.

New to the gym? Try a class for free !

Thursday nights, starting this week, March 17th new classes will begin.

4-5pm, Fitness & Floor Tumble Class for ages 5 to 10.

Come work on your floor skills, forward, backward and sideward tumbling, handstands, splits, and fitness. Work toward that back hand spring and much more.

6:30-7:30pm, Adult Fitness in the Studio Room using Free Weights

Put a little extra in your fitness program. Attend our Monday night circuit training from 6:30 to 7:30p and get an overall fitness workout. Then attend our Thursday night Strength Building Class and give your body an extra boost.

The monthly Visalus order will be sent in on Friday ! Let me know if you are interested in any Shake Mix, Vi-Bars, Vi-Bite Snacks, or Vi-Crunch Protein Cereal. Remember, the larger the order we all send in, the more discounts and free shipping we get !

And what about those Birthday Parties !!!!

If you are looking to book a party, do it now.

We are filling our time slots very fast, with April and May already booking.

Call us now to reserve your spot.

Lots of options to choose from, including Dance and Nerf!

And our summer program will be announced next week.

Once again offering classes and camps for all ages and skills.

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