

Begins the week of September 4th—6 weeks

# TUMBLING & GYMNASTICS FOR FUN!!!

Instructor: Coach Gina Wheaton

## TUMBLING/ACRO

**Age:** 6-8 Years Old  
**When:** Fridays  
**Time:** 5:30—6:45 p.m.  
**Cost:** Member: \$120 / Non-Member: \$150

**Age:** 9-11 Years Old  
**When:** Fridays  
**Time:** 7:00—8:15 p.m.  
**Cost:** Member: \$120 / Non-Member: \$150

## PRESCHOOL TUMBLING

**Age:** Crawling-2 Years Old  
**When:** Saturdays  
**Time:** 8:00—8:30 a.m.  
**Cost:** Member: \$90 / Non-Member: \$120

**Age:** 2-3 Years Old (Parent Tot)  
**When:** Saturdays  
**Time:** 8:45—9:30 a.m.  
**Cost:** Member: \$108 / Non-Member: \$138

**Age:** 3-5 Years Old  
**When:** Saturdays  
**Time:** 9:45—10:30 a.m.  
**Cost:** Member: \$108 / Non-Member: \$138

## GYMNASTICS

**Age:** 5-7 Years Old  
**When:** Saturdays  
**Time:** 10:45—11:35 a.m.  
**Cost:** Member: \$120 / Non-Member: \$150

**REGISTER THROUGH THE MEMBER PORTAL  
FOR MORE INFORMATION  
OR ASSISTANCE, CONTACT OUR  
PROGRAMS MANAGER AT 810-606-7518.**



*Ascension Genesys Health Club is not responsible for classes missed. No refunds or credits will be issued.*



Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love “real time” on Facebook @AGHCfit and also stay in the loop by visiting us online at [www.AscensionGenesysHealthClub.com](http://www.AscensionGenesysHealthClub.com)!



**Ascension  
Genesys**  
HEALTH CLUB

# Class Descriptions

## **TUMBLING/ACRO**

**MASTER TUMBLING SKILLS!** Tumblers will advance their skills by using incline mats, panel mats, air tracks, and octagons. Tumbling is highly beneficial for gymnasts, cheerleaders and dancers. Correct technique will be applied to fully understand and execute each skill along with strength exercises and flexibility drills. Safety is Coach Gina's number one priority so students will advance as skills and proper technique are obtained.

## **PRESCHOOL TUMBLING**

**ENCOURAGES SOCIAL DEVELOPMENT!** Classes are perfect for little ones who have a lot of energy and love to play and have fun. Preschool tumbling provides physical activity focused on developing gross motor skills and coordination to help improve children's cognitive brain growth and set children up for success in life. Tumbling/gymnastics provides a great foundation for every child and every sport.

## **GYMNASTICS**

**BUILD A STRONG FOUNDATION FOR THE FUTURE!** Gymnastics class for beginners/intermediate will work on all four gymnastics events including conditioning (vault, bars, beam and floor), all of which build a healthy body. Gymnastics will noticeably improve child's balance, coordination and physical strength.