



FALL 2025 CLASS DESCRIPTIONS AND SCHEDULE



****Membership Fee is required to participate in all classes. \$85 per family OR \$50 single participant/per year.****

Prices are monthly, and for one class per week unless otherwise noted. Payment for classes is expected at the beginning of each month, or upon your arrival for class. *Payment reflects your child's spot in the class*, not the number of classes scheduled/attended. Discounted pricing will be given to those who pay by the 5th of each month. If payment is not received by the 5th, then the full class price will be assessed and expected at time of payment. If payment is not received by the 10th, your child will not be allowed to participate in class. Please call or email ahead of time if a class will be missed, as it allows you a make-up during another class time. Failure to call or email will result in forfeiture of the missed class. There are no refunds for missed classes.

Classes that are 30 minutes long are \$74/month or \$19.75/class. \$70.30/month if paid by the 5th.

Classes that are 45 minutes long are \$92/month or \$24.25/class. \$87.40/month if paid by the 5th.

Classes that are 60 minutes long are \$115/month or \$29.50/class. \$109.25/month if paid by the 5th.

GYMNASTICS

Lil' Lizards (ages 2-4) – Gymnastics class, 30 minutes. Adult AND child will work together and focus on basic skills, terminology, coordination, listening skills, and social interaction.

\$74 per month. Offered Mon 3:30PM, Sat 8:30AM

Growlers (ages 3-5) – Gymnastics class, 30 minutes. Class will focus on basic skills, terminology, coordination, listening skills, and social interaction. \$74 per month.

Offered Mon 4:15PM, 6:05PM, Tue 4:15PM, 5:00PM, Wed 4:50PM, Thurs 4:30PM, Fri 4:05PM, Sat 9:00AM

Super G (ages 5-6) – Class is 45 minutes long. Class focus is on basic skills, terminology, correct technique, coordination, listening skills, and social interaction. \$92 per month.

Offered Mon 5:45PM, Tues 4:20PM, 5:15PM, Wed 3:45PM, 5:15PM, Thurs 3:45PM, Fri 3:45PM, Sat 9:45AM

TENacious G (ages 7-12) – Classes are 60 minutes long. Focus will be on skill knowledge, balance, strength, and flexibility. Use of power and agility come into play along with coordination, and body awareness. Continued work on building self-esteem and social interaction skills.

\$115 per month. Offered Mon 5:00PM, Tues 4:00PM, Wed 4:15PM, 6:00PM, Thurs 6:00PM, Fri 4:45PM, Sat 10:45AM

Boys Class (ages 5-12) – Class is 45 minutes long. Focus will be on skill knowledge, balance, lots of strength, and some flexibility. Use of power and agility come into play along with coordination, and body awareness. Work on building self-esteem and social interaction skills. \$92 per month.

Offered Wed 4:45PM

Homeschool (ages 5-12) – Classes are 45 minutes long. Focus will be on coordination, balance, strength, flexibility, and body awareness. Building self-esteem and social interaction skills are incorporated as well. \$15 per class, must schedule attendance. Tues 1:00PM (starts Sept.)

OPEN PLAY

September start. Every Thursday during school season (ages 1-5)– open to boys and girls, drop in. 10:00AM-12:00 Noon. \$10/hour (\$8/mbr) or \$15/more than an hour (\$10/mbr).

Parent participation/signed waiver required. Note: no Open Play on Nov. 27 or Dec. 25, 2025.

COMPETITIVE PROGRAMS

*Gymnastics – Level 2 - 7/XCEL Diamond *BJJ/Judo – White through Black belts may compete

CHEER/TUMBLING

Bow to Basics (ages 6-10) – open to boys and girls, 45 minutes long. Class will focus on basic motions, jumps, and tumbling skills with good technique. Also flexibility, body control and awareness. \$92 per month. Offered Wed 5:30PM

Flyer Technique Training (ages 6-10) – 45 minutes long. Class will focus on basic motions, balance, and flexibility skills with good technique, body control and awareness. \$92 per month. Offered Tues 4:00PM

Tumbling Technique Younger (ages 6-11) – open to boys and girls, 45 minutes long. Class will focus on basic tumbling skills and good technique, as well as the needs of the participants. Generally, front and back walkovers and front and back handsprings. \$92 per month. Offered Wed 6:15PM

Tumbling Technique Older (ages 12-18) – open to boys and girls, 60 minutes long. Class will focus on basic tumbling skills and good technique, as well as the needs of the participants. Generally, front and back handsprings and front and back tucks. \$115 per month. Offered Wed 7:00PM

JUDO/BRAZILIAN JIU-JITSU (BJJ)

Lil' Ninjas (ages 5-6) – Judo class, 30 minutes, open to boys and girls. Children learn the basics of Judo, terminology, coordination, listening skills, and social interaction. \$74 per month for one day/wk, both days/wk \$115 per month. Offered Mon 5:00PM, Wed 5:00PM.

Kids – Combination of Judo and Jiu-jitsu are offered. Coed, ages 7-13 yrs. May attend 2 days/wk + Sat, or 4 days/wk + Sat. \$115 per month for 2 days/wk + Sat, \$150 per month for 4 days/wk + Sat.

Offered Mon/Wed 5:30PM, Tues/Thurs 5:00PM, Sat 9:30AM (no gi), 10:30AM (gi)

Adult Judo/Wolfpack BJJ – Combination of Judo/BJJ. Coed, ages 14+ yrs. Classes are 60-90 minutes. May attend one or all classes each week, \$150 per month. Offered Mon & Wed (Judo) 6:30PM, Tues & Thurs (BJJ) 6:00PM, Sat 9:30AM (no gi), 10:30AM (gi).

Adult single session mat fee \$25.

*Cheer – Year-round Team Prep & Elite – August through April - competitions start in Dec.

*Mini Cheer (3-6 yrs) – must be toilet trained, open to boys and girls.

*CheerAbilities Exhibition – Special Needs ages 5-18 yrs

FALL 2025 WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00-12:00 Open Play (Start September)		8:30-9:00 Lil Lizards 9:00-9:30 Growlers 9:45-10:30 Super G
	1:00-1:45 Homeschool (Start September)				10:45-11:45 TENacious G
3:30-4:00 Lil Lizards		3:45-4:30 Super G	3:45-4:30 Super G	3:45-4:30 Super G	
4:15-4:45 Growlers	4:00-4:45 Flyer Technique 4:00-5:00 TENacious G 4:15-4:45 Growlers 4:20-5:05 Super G	4:00-4:45 Adv. Tumb (inv.only) 4:15-5:15 TENacious G 4:50-5:20 Growlers 4:45-5:30 Boys	4:30-5:00 Growlers	4:05-4:35 Growlers 4:45-5:45 TENacious G	
5:00-6:00 TENacious G 5:45-6:30 Super G	5:15-6:00 Super G	5:15-6:00 Super G 5:30-6:15 Bow to Basics		5:00-6:00 CheerAbilities	
6:05-6:35 Growlers		6:00-7:00 TENacious G 6:15-7:00 Tumbling (6-11 yrs) 7:00-8:00 Tumbling (12-18 yrs)	6:00-7:00 TENacious G		
JUDO/JIU-JITSU 5:00-5:30 Lil' Ninjas (5-6 yrs) 5:30-6:30 Kids – (7-13 yrs) 6:30-8:00 Adults – (14 yrs+)	WOLFPACK-VIEIRA BJJ 5:00-6:00 Kids (6-13 yrs) 6:00-7:30 Adults (14yrs+)	JUDO/JIU-JITSU 5:00-5:30 Lil' Ninjas (5-6 yrs) 5:30-6:30 Kids – (7-13 yrs) 6:30-8:00 Adults – (14 yrs+)	WOLFPACK-VIEIRA BJJ 5:00-6:00 Kids (6-13 yrs) 6:00-7:30 Adults (14yrs+)		JUDO/JIU-JITSU 9:30-10:30 no gi 10:30-11:30 Kids & Adults



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