

RECREATIONAL GYMNASTICS

Lil Diva:

Class length: 1 hour 15 min

- This class is for athletes 6+ or who have mastered the Jungle Gym + Kinder Gym classes. This intermediate class will focus on more advanced gymnastics progressions on all apparatuses. Some skills included are pullover, back hip circle, cartwheel, round off, variation of backward rolls, bridge kick over, back walkover, back handspring along with levers and handstands on balance beam.

Lil Gladiators

Class length: 1 hour

- This class is for our beginner boys ages 6 + years old, Each class incorporates high energy warm-ups, gymnastics skill progressions, strength, endurance, and agility training. And what would a gladiator class be without an obstacle course? Your child will be on the move with exciting new obstacles like our rock wall, warp wall, rings and bar hangs, balancing challenges, and muscle building activities.