



# VIRTUAL CLASS DESCRIPTIONS

## **BEGINNING STRETCH- TUESDAYS @ 5PM**

This full body stretch class incorporates simple, athletic based stretches will elongate tight muscles and tight muscles increase the risk for injury. Flexibility plays an important part in all aspects of cheer from tumbling to jumping and stunting. Using several methods of stretch, this class will work stretches from head to toe.

## **CHEER/JUMP TECH- THURSDAYS @ 5PM**

Master your cheer motions and work to condition and strengthen your body for jumps. Motions are a sometimes overlooked but an essential and fundamental part of cheerleading as they are incorporated into all aspects of cheer routines. Join us to learn or freshen up your technique for strong and proper placement.

## **CONDITIONING – MONDAY @ 6PM**

Conditioning is the key to an athlete's confidence! The stronger you are the easier it is to increase skills and endure practice. Join in on getting the skills you want and being a strong team member. We have a full body strength that targets wherever your weak area might be.

## **CORE STRENGTH- FRIDAYS @ 6PM**

A strong CORE is imperative for our flyers, and our tumblers!!! Let's get your CORE ready for next season! We'll rock it out, with rock-out-abs! You'll join us for 30 minutes of straight core strength and added techniques for CHEER!

## **DANCE- THURSDAYS @ 6PM**

Let's dance! Everyone loves to clap along to the dance at the end of an amazing routine and you will love learning our quick and fun dances! Join Coach Chase and learn a new dance each week!

## **FAMILY CARDIO – SATURDAY'S @ 11AM**

Let's keep the family moving with a 30 minute live cardio class you can do from your own home!

This will be a great way to keep your endurance up.

We'll start slowly with the exercises building up every ten minutes and end with a cool down to take care of the family body.

### **FAMILY WORKOUT – TUESDAY & THURSDAY’S @ 10AM**

A family workout is a great way to get the family up, moving and working together while having fun in supportive environment. This fun packed workout will consist of a 30-minute class focusing on:

- 10 minutes of cardio warm up’s (this gets the heart rate up while warming up those muscles).
- 5 minutes of well-needed daily stretches.
- 10 minutes of full body strength exercises (fit for the entire family).
- 5 minutes of wrap up that will cool you down and leave you feeling great throughout your day!

### **LITTLE’S CONDITIONING- WEDNESDAYS @ 6PM**

Best for ages 5-8. Conditioning is the key to an athlete’s confidence! The stronger you are the easier it is to increase skills and endure practice. Join in on getting the skills you want and being a strong team member. We have a full body strength that targets wherever your weak area might be.

This class offers simplified conditioning for our younger athletes at a slower pace to help them understand and strengthen their bodies.

### **SHAPING!!!**

#### **INTERMEDIATE SHAPES – MONDAY @ 5PM, BEGINNER SHAPES – FRIDAY @ 5PM**

Check out our SHAPING DRILLS & EXERCISES from our Elite Tumbling Coach at Las Vegas Elements.

The tips and tricks he shares comes from all around the world and includes information gathered from international clinics and coaches he’s studied with throughout his experience as an athlete.

You’ll start with handstand shaping and move all the way to layouts, kick-fulls and back-twisting.

### **STRETCH FOR FLYERS- TUESDAYS @ 6PM**

Join elite flyer Emily on Rage as she works through stretching and body position technique. This class will focus on stretching for front and back body positions such as Heel Stretches, Bow and Arrows, Scales, and Scorpions as well as the core control and strength needed to pull these positions in the air.

### **TINY TIME- WEDNESDAYS @ 5PM & SATURDAYS @10AM**

Ages 3-6 will join Coach A as she works on essential skills for our smallest athletes. Build strength and coordination in this fun 30-minute class.