

Class Description

Level Workouts-

Our level workouts will be run like a practice where the focus on technique and skill building. They will both stunt and tumble in these workouts and your athlete will get the chance to work with members from other teams as well as different coaches.

Tiny Workout- Open to members of Stardom and Babies of Fame last season. Athletes will work stunts, jump and tumbling.

Level 1 & 2 workouts are open to members from Golden Girls, Paparazzi, stardust and Exclusive. We will work levels 1-3 in this class. Higher level athletes may attend these sessions as well to help with experience or to improve technique.

Level 3 & 4 workouts are open to members from last years teams of Superstars, Starstruck and VIP. We will work level 3-5 skills in this class. Higher level athletes may attend these sessions to help with experience or to improve technique.

Level 5 & 6 workouts are open to members from Spotlight, Fame and iNFamous last season. We will focus on levels 5-6 stunts and tumbling in this class.

Choreography and Performance- Athletes will learn a dance or motion section each class. The coach will then work on helping the athletes be sharp and perform with doing the dance. This class will help athletes pick up choreography quicker and execute routines stronger in the future.

Free Member Open Gym- this is open to all athletes currently in the gym for free. Athletes will have the opportunity to work on the skills they choose as long as a staff member feels it is safe to do so. It is a more laid back setting where the athlete gets to focus on the skills they want to work.

Stretch & Jump- this class is open to members from any team. Your athlete will work to improve flexibility as well as conditioning and drills to improve your athletes jumps.

Base Strength & Drills- this class is geared toward specific conditioning and drills that will make your athlete a stronger base at any level.

Friday Open Gym-

This is a 2 hour open gym that is open to our members and to the public. Cost is \$15 per 2 hour open gym.

Tumble Tots \$15 per class

This is a brand new class for athletes 2.5 years old to 4 years old. Athlete must be potty trained to attend. This class will focus on coordination and getting athletes comfortable being in the gym without their parents. They will also learn the basics of tumbling working towards somersaults, handstands and cartwheels. Once athletes are ready we will move them to tiny tumble.

Tiny Tumble \$15 per class

This class is for athletes ages 4 to 6 years old. They will master the basics of tumbling and work towards getting their back walkover with kids their age.

Beginner Tumble \$15 per class

This class is geared toward learning strong basics and working toward getting your back walkover.

Intermediate Tumble \$15 per class

This class is for athletes who have a back walkover and are working towards getting your back handspring and round off back handspring.

Advanced Tumble \$15 per class

This class is for athletes who have both standing handspring and round off back handspring. We will focus on cleaning your level 2 and level 3 skills. This class is where you will work your way up to layouts.

Elite Tumble \$15 per class

This class is for athletes who have a layout and a standing tuck. Athletes in this class will work fulls, doubles and other level 4,5 & 6 specialty passes.