

## FALL 2011 Schedule for G Force Gym

CLASS NAME	MON	TUES	WED	THURS	FRI	SAT	SUN	FEES
<b>ALL-in-ONE</b> 45 min <i>For 3-5 year Olds</i>	3:45-4:30pm		4:00-4:45pm					\$30 +HST <i>Per month Sept to April</i>
<b>ALL-in-ONE</b> 60 min <i>For 5-8 Year olds</i>	4:30-5:15pm		4:00-5:00pm	5:30-6:30pm		1:00-2:00pm		\$35 +HST <i>Per month Sept to April</i>
<b>Recreational Cheer</b> 45-60 min <i>For 4-11 year Olds</i>	4:30-5:15pm 4-6 Yrs		4:00-5:00pm 6 & older	5:30-6:30pm				\$30-\$35 +HST <i>Per month Sept to April</i>
<b>Cheer &amp; Tumbling</b> <b>Combine</b> <i>For 6 and older</i>	5:30-7:30pm				4:30-6:30pm			\$57.50+HST <i>Per month Sept to April</i>
<b>Core Strength &amp; Flexibility Fitness</b>		8:30-9:15pm						\$35+HST <i>Per month</i>
<b>Tumbling Class</b> 45 min		8:30-9:15pm <i>Levels 2-4</i>	7:00-7:45pm <i>Levels 1-2</i>			10:15-11:00am 10:30-11:15am	12:30-1:15pm	\$35+HST <i>Per month</i>
<b>Beginner Tumbling</b> 60 min Class	4:00-5:00pm 6:30-7:30pm		4:00-5:00pm 5:00-6:00pm	5:30-6:30pm <i>11 &amp; Older</i>	5:30-6:30pm	11:15-12:15pm 2:30-3:30pm	11:30-12:30pm 12:00-1:00pm	\$45+HST <i>Per month</i>
<b>Advanced Tumbling</b> <i>Tucks, layouts &amp; Twists</i> 60 min Class	6:30-7:30pm		6:00-7:00pm Tucks, layouts & Twists & fitness	4:30-5:30pm 6:30-7:30pm			12:00-1:00pm	\$45+HST <i>Per month</i>

### CLASS DESCRIPTIONS:

#### Recreational Cheer

This class introduces students to a team dynamic where everyone works to develop individual skills but also work together to develop a routine performed by all. Students work and develop various areas and athletic skills: dance, jumps, motions, gymnastics & tumbling, stunting and performing. Athletes are required to purchase a t-shirt and shorts because they perform at the Xmas Show.

**ALL-in-ONE Recreational Classes** Class time is used to develop different genres of movement:

Trampoline training, Gymnastics & Tumbling, dance and movement as well as games and kinaesthetic muscle and awareness development. Class is designed to be recreational and a "Progress Report Card" is provided at end of session.

**\*NEW Cheer & Tumbling COMBINE\*** - You asked for it, we've made it happen... 1hr of Tumbling + 1 hr of Cheer combined into a 2 hr class that teaches CHEER principles at an intense level but there are NO Competitions... NO Mandatory attendance... No Fancy Choreography... NO Uniforms... NO Travel... It's like learning what the athletes on Teams learn but in a relaxed atmosphere. **\*\*Optional competition performance opportunity\*\***

**Core Strength & Flexibility Fitness Classes for Teens & Youth** — Whether you want to get stronger or more flexible, this class will work towards helping you attain your tumbling and stunting goals while getting into shape. This class will help all athletes, regardless of sport.

**Tumbling Class** - We offer Tumbling Classes for every Level. From the Beginner to the Advanced, learn to tumble with the same Coaches that produce World Level cheer athletes! We teach skills in a progression using the USASF Tumbling Skills for both Standing and Running Tumbling from levels 1 to 5> [LINK HERE](#)