



<b>Class</b>	<b>Description</b>
<b>Imagination Station</b>	Easily captures 5-10 year olds - but open to anyone wanting to visit your inner child inside.
<b>Night at the Improv</b>	<b>All Ages. Acting and learning to let your personality shine is the focus of this NEW CLASS. Let's play all kinds of improv games with Coach Amanda.</b>
<b>Cheer 101</b>	All Ages. Learn the FUN in beginning cheerleading. Get moving and learn chants, motions, jumps, kicks, and more.
<b>Cheer Dance</b>	All Ages. Get moving and learn beginning cheer style dances each class that are fun and high energy.
<b>Ninja</b>	All Ages. Boost your foundation of tumbling, parkour, martial arts style movements in this upbeat class.
<b>Origami Crafts</b>	<b>All Ages. Fun making planes, shapes, animals out of paper with Coach Josh</b>
<b>Walkovers Cartwheels Roundoffs</b>	This class is geared towards the Level 1 tumbler however, open to all levels. Want a walkover (front or back)? We will work to develop everything you need to do a walkover STRONG. Drills also strengthen and improve cartwheels and round-offs.
<b>Handstands</b>	Open to all levels of tumbling, but you must be able to kick up to a handstand safely. Balance, core strength, body control are just a few of the things you will learn in this class. And let's remember... a HANDSTAND is in EVERY TUMBLING SKILL.
<b>Stretch &amp; Meditation</b>	Open to all ages - Kids & Parents welcome. Learn to listen to your body. Develop a stronger mind/muscle connection, learn new stretch techniques, & relieve stress (physical & mental). Based on a mix of martial art, dance, and yoga-inspired stretches.
<b>Jump Jam</b>	Open to all levels. It's time to Jam these JUMPS! Be sure you have room to jump and kick, and have a safe landing area. Let's improve EVERYTHING about our Jumps in this class.
<b>Flexi Flyers</b>	Open to all levels, all ages. Have you ever wanted to be a flyer in a stunt? Or currently are? This class will help balance, core strength, flexibility, and everything you need to SHINE in the AIR!
<b>Intermediate Dance</b>	Focuses on foundational dance & movement where you can learn how to pick up choreography and develop your movement foundation all while having fun and sweating. Containing a mix of cheer, jazz, & hip hop movement.
<b>Advanced Dance</b>	Challenge your dance & movement vocabulary, where you can learn to pick up choreography and develop your movement foundation all while having fun and sweating. Containing a mix of cheer, jazz, & hip hop movement.
<b>Back-Handsprings</b>	Develop a better understanding of the muscles used for back-handsprings. Learn timing, precision, and everything that creates a perfect back-handspring. Open to All Levels.
<b>Back Tucks</b>	Develop a better understanding of the muscles used for back tucks. Learn timing, precision, and everything that creates a perfect back tuck. Must understand the basics of handsprings.
<b>Hollow &amp; Spin</b>	Develop a better understanding of the skills in flying, tumbling, stunting that require a hollow body. We've added twisting as a key component in this class as well, to help develop better air awareness while spinning.
<b>Funditioning</b>	All Ages. This class is conditioning with fun games, trivia, activities etc. added into each workout. Coach Jasmine will inspire and excite you to train those muscles with a touch of FUN in each workout.
<b>Private 1-on-1 Sessions FLASH SALE</b>	FLASH SALE: \$30 for 30 minutes - Whatever you need - we are here for you. Our sessions include a qualified coach giving sport, skill and body specific instructions on whatever you need.

*Disclaimer: These classes are geared to train the muscle memory of skills needed. In most instances, drills and conditioning exercises will apply. Whenever doing movements of any kind, it is important to have an additional person present during the workout, in case any situation arises, they can assist. You must have a safe working space, room to move where you are free of objects, and flooring is padded and safe. Find appropriate classes for your level of experience and do not try anything you feel uncomfortable with. If you need assistance from the coach, wave your hands and unmute yourself to address the coach.*