



TUMBLING CLASSES

Pick your time and day of the week:

Tuesdays 4pm

Tuesdays 5pm

Classes run all year round. Sign up anytime!

Come tumble, jump and flip in our tumbling classes! Classes include learning basic skills such as forward rolls, handstands, cartwheels, jumps and bridges.

Kids will then progress to learning bridge kick overs, round-offs, back walkovers and back handsprings.

Stretching and conditioning is incorporated into each class. We have a nice carpet foam floor, a low balance beam, and mats to assist kids while learning skills.



**A great intro to
gymnastics**

**Open to children
5 years old
through 17**

**Instructor Alyssa
Trejo has been
coaching tumbling
for over 10 years**

**Small classes,
comfortable and
relaxed setting**

**Please call with
questions or stop
by to try the class!**

**LAKE SIDE FAMILY
FITNESS**

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www.lakesiderehab.com