



# TUMBLING CLASSES

**Pick your time and day of the week:**

**Tuesdays 4pm**

**Tuesdays 5pm**

**Thursdays 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**

39 S State Street  
Hart, MI 49420

**231-873-3566**

[www.lakesiderehab.com](http://www.lakesiderehab.com)