



GYMNASTICS WITH DESTINI MOORE



BABYNASTICS - 2 Yr Olds

Introduces the little ones to gymnastics & teaches them tumbles, coordination, and balancing.

PARENTS ARE REQUIRED TO ATTEND THIS CLASS & ASSIST WITH CHILDREN.

Day	Time	Room	Cost	Age
MON	4:00-4:30	GYM	\$35	2yr old

BEGINNERS GYMNASTICS

Beginners Level will learn basic gymnastics including strength, balance, coordination, hand stands, back bends, cartwheels will also be taught.

Day	Time	Room	Cost	Age
MON	4:30-5:00	GYM	\$35	3 yr old
WED	4:45-5:15	GYM	\$35	3-4 yr old
MON	5:15-6:00	GYM	\$37	4-5 yr old
THUR	4:30-5:15	GYM	\$37	5-7 yr old
WED	4:00-4:45	GYM	\$37	5-7 yr old
MON	6:00-7:00	GYM	\$40	6-7 yr old
MON	7:00-8:00	GYM	\$40	8-Up

***STUDENTS MUST BE EVALUATED & INVITED BY COACH DESTINI TO MOVE UP TO THE NEXT LEVEL.**

INTERMEDIATE GYMNASTICS

Skills learned in Beginners will be continued and more advance tricks including: Kick over, hand stand, back bend, and round offs.

Bars and beams will start to be introduced.

Day	Time	Room	Cost	Age
THUR	5:15-6:15	GYM	\$40	5-7 yr old
WED	5:15-6:15	GYM	\$40	8-UP

ADVANCED GYMNASTICS

Skills learned in Intermediate will be continued and more advanced tricks including:back walkovers, round off, rebounds, 1-hand cartwheels and front limbers will be taught.

Students will also work on floor, bars, and beam.

Day	Time	Room	Cost	Age
THUR	6:15-7:15	GYM	\$40	8-Up

PRIVATE LESSON

Classes are 1 day a week for 6 weeks. No more than 2 students per private lesson so that each child will have one on one time with Destini to work on and perfect dance skills.

Day	Time	Room	Cost	Age
THUR	4:00-4:30	GYM	\$40	5-UP

CHEER AND TUMBLING WITH RANDI



CHEER LEVEL 1

Beginner Level, students will learn basic chants, jumps & routines along with handstands, forward rolls, and cartwheels. Everyone starts in Lvl 1 unless approved by Coach Randi to move up to Lvl 2.

Day	Time	Room	Cost	Age
THUR	5:00-5:45	DT#2	\$37	1

LEVEL 2

Still basic cheer but will work on more advanced jumps and tumbling. Will learn a cheer routine.

(Must be able to complete a Cartwheel)

Day	Time	Room	Cost	Level
THUR	5:45-6:30	DT#2	\$37	2

PRIVATE LESSONS

Classes are 1 day a week for 6 weeks.

No more than 2 students allowed per private lesson so that each child will have one on one time with Coach Randi to work on and perfect skills.

Day	Time	Room	Cost	Age
FRI	5:00-5:30	GYM	\$40	4-7yrs
FRI	5:30-6:00	GYM	\$40	8-UP
FRI	6:00-6:30	GYM	\$40	8-UP
FRI	6:30-7:00	GYM	\$41	8-UP



TUMBLING BABY'S LITTLE ONES

Students will learn fundamental skills of a forward roll, straddle roll, back bend and hand stand.

Day	Time	Room	Cost	Age
TUE	5:00-5:30	GYM	\$32	2-3yrs

TUMBLING LEVEL 1

Students will learn fundamental skills of a forward roll, straddle roll, cartwheel, and hand stand.

Day	Time	Room	Cost	Age
TUE	5:30-6:15	GYM	\$37	5-UP

TUMBLING LEVEL 2

Students will continue what they learned in Level 1 & also begin learning more advanced tumblers & skills, such as round offs, back bends, front walk over

Day	Time	Room	Cost	Age
TUE	6:15-7:00	GYM	\$37	5-UP

BALLET, TAP, JAZZ WITH DANYELLE



BALLET, TAP & JAZZ With Danyelle Wallace



Your child will learn the fundamentals of ballet and tap with fun routines to age appropriate music .

* Ages 4-9 will have some jazz incorporated into their lessons.

Day	Time	Room	Cost	Age
MON	5:30-6:00	DT #3	\$30	3 YR
MON	6:15-7:00	DT #3	\$32	4-5 YR
MON	7:00-7:45	DT #3	\$32	6-9 YR



PRIVATE LESSONS With Danyelle Wallace



Classes are 1 day a week for 6 weeks. No more than 2 students per private lesson so that each child will have one on one time with Danyelle to work on and perfect dance skills.

Day	Time	Room	Cost	Age
WED	5:30-6:00	DT #3	\$40	6-UP
WED	6:00-6:30	DT #3	\$40	6-UP
WED	6:30-7:00	DT #3	\$40	6-UP
WED	7:00-7:30	DT #3	\$40	6-UP



LPAR Pom Squad With Danyelle Wallace



Danyelle will teach routines & dance moves to preform at LPAR basketball games. The Pom Squad will also walk in the Christmas Parade. Uniform cost is \$60 (one time only) (top, jazz pants, pom poms & bag), class is \$40 for 6weeks

Day	Time	Room	Cost	Age
TUE	5:30-6:30	GYM	\$40	4-10yr - Old Squad
TUE	6:30-7:30	GYM	\$40	4-10yr - New Squad

MONTHLY CLASSES



SUGGS' KARATE *With DAVID GRAY*



Students will learn discipline, control, strength, and competitive karate skills.

Classes \$40.00 a month // \$12.00 for a drop-in class

Day	Time	Room	Cost	Age
FRIDAY	6:00-7:00 PM	DT #2	\$40 mth	6-12 yrs
FRIDAY	7:00-8:00 PM	DT #2	\$40 mth	13 yrs -UP



YOGA *With APRIL STANBERY*



Students will learn basic yoga techniques at their own pace.

Yoga helps you become more flexible, relieve stress, and tone muscle.

Classes are twice a week for \$55.00 a month // \$8.00 for a drop-in class

Day	Time	Room	Cost	Age
MON/WED	12:00-1:00 PM	DT #4	\$55 mth	18-UP
MON/WED	5:30-6:30 PM	DT #4	\$55 mth	18-UP



ZUMBA WITH TINA OF **DOLLSTAR DANCE & FITNESS**



Fitness Dance Work-out, Toning, Dance Zumba, and a Kids

Dance Fitness Class. Come work off some energy & have fun!!!!

\$30-UNLIMITED // \$20-KIDS UNLIMITED // \$8-WALK-INS

Day	Time	Room	Class
MONDAY	8:30-9:15 AM	DT #4	Dance / Fitness
	9:15-9:45 AM	DT #4	Toning
	5:30-6:00 PM	DT #4	Dance / Fitness
	6:00-6:30 PM	DT #4	Toning
TUESDAY	5:30-6:00 PM	DT #4	Dance / Fitness
	6:00-6:30 PM	DT #4	Toning
	6:30-7:00 PM	DT #4	Dance / Zumba
WEDNESDAY	8:30-9:15 AM	DT #4	Dance / Fitness
	9:15-9:45 AM	DT #4	Toning
THURSDAY	5:30-6:30 PM	DT #4	Dance / Fitness
	6:30-7:30 PM	DT #4	Toning
FRIDAY	8:30-9:15 AM	DT #4	Dance / Fitness
	9:15-9:45 AM	DT #4	Toning



Line Dancing *With Claire Carrier*



Students will learn Intermediate & Advance Country Line Dance.

Low impact exercise, no partner needed.

You can choose from \$10 a month or \$3 a class.

Day	Time	Room	Cost	Age
TUE PM	5:30-8:00 PM	DT #2	\$10 mth	15-UP