

GYMCORE CLASS DESCRIPTIONS

All classes take place inside Fortified Fitness (203 Southpointe Court, Murfreesboro, TN 37130).

Class: Cruising Crawlers

Ages: 0 - 1 year olds (non-walkers)

Day/Time: Saturdays at 9:00am

Duration: 30 minutes

This drop-in class is a FREE open play opportunity to all students who are in their crawling stage of life or even learning to crawl. This open play event encourages children to move and socialize with others their age. A parent or guardian is required to accompany their child at all times. Once a child can walk independently, they will be promoted to our Tumble Tots class.





Class: Tumble Tots (with parent participation)

Ages: 1 - 3 years

Day/Time: Thursdays at 5:15pm OR Saturdays at 9:30am

Duration: 45 minutes

This is a great opportunity for children ages 1 - 3 years old to learn the fundamentals of tumbling while further developing their gross motor skills, coordination, strength, and flexibility! Parent participation is required. All classes will include a fun warm-up, obstacle course, skill instruction, games and so much more! Focusing on these core elements will help children reach new physical and cognitive developmental milestones. Every class is strategically designed to ensure a fun, safe, and positive environment for children of all ages.

Sample Skills (but not limited to): stretches, jumps, kicks, climbing, rolls, donkey kicks, handstands, cartwheels, etc

\$10 TRIAL CLASS FOR ALL NEW STUDENTS!

If you decide to sign up afterwards, that amount will go towards your first month of tuition.

Sign Up: <https://app.jackrabbitclass.com/regv2.asp?id=553504>

Class: Tumble Tots

Ages: 3 - 5 years

Day/Time: Thursdays at 6:00pm

Duration: 45 minutes

This is a great opportunity for children ages 3 - 5 years old to learn the fundamentals of tumbling while further developing their gross motor skills, coordination, strength, and flexibility! All classes will include a fun warm-up, obstacle course, skill instruction, games and so much more! Focusing on these core elements will help children reach new physical and cognitive developmental milestones. Every class is strategically designed to ensure a fun, safe, and positive environment for children of all ages.

Sample Skills (but not limited to): stretches, jumps, kicks, climbing, bridges, rolls, handstands, cartwheels, back bends, etc



Class: Intro to Tumbling

Ages: 6+ years

Day/Time: TBD

Duration: 45 minutes

This class is designed to help your child build strength, flexibility, and coordination while mastering the fundamentals of acrobatic movement. Whether they are a beginner or looking to refine their skills, our tumbling class offers a supportive environment to develop their technique, from basic rolls and cartwheels to more advanced flips and handsprings. Our experienced coaches will guide them through each skill with progressions that ensure safety and confidence, making this the perfect place to start their tumbling journey or take their skills to the next level.

Sample Skills (but not limited to): flexibility, conditioning, handstands, cartwheels, round-offs, bridges, back bends, kickovers, walkovers, etc.

If you have any questions or concerns, don't hesitate to reach out via email gymcoreinfo@gmail.com or call/text us at 615 - 795 - 7607. You can also visit our website to learn more about GymCore at www.gymcoretn.com.

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Be sure to follow us on social media for the latest news & updates!

Facebook: [facebook.com/gymcore](https://www.facebook.com/gymcore)

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