

May 2024 Newsletter

ACROBATIC ACADEMY

FREE Fitness Classes!

Join us at Fit Physique Fitness Center for a variety of exciting pop-up classes! Come to one, or all, there is NO LIMIT! Classes are open to the public and for each class attended, you will be entered into a drawing for a great prize that will be drawn on Monday, May 20, 2024.



Monday, May 6- 8:30-9:30 AM- Yoga
Tuesday, May 7- 10:30-11:15 AM- Barre
Wednesday, May 8- 5:15-6:00 PM- UPLIFT
Thursday, May 9- 11:00-11:45 AM- Mat Pilates
Friday, May 10- 8:30-9:30 AM- Yoga
Monday, May 13- 8:30-9:30 AM-Yoga
Tuesday, May 14- 5:15-6:00 PM- UPLIFT
Wednesday, May 15- 9:45-10:15- SHiNE Light
Thursday, May 16- 5:00-5:30 PM- Barre
Friday, May 17- 9:45-10:15 AM- Low-Impact Dance Aerobics
Saturday, May 18- 9:15-10:00 AM- SHiNE Dance Fitness (**Mom & Me**)

CLOSED Friday, May 24th through Monday, May 27th in observation of Memorial Day Weekend

Gymnastics Day Camp

Join us on Friday, June 14 for an all-day gymnastics camp! Gymnasts will practice skills on floor, bars, beam, and vault as well as learn a choreographed dance routine to perform at the end of camp. Gymnasts can bring their own sack lunch and afternoon snack or enjoy provided snacks and pizza for \$5.00.

Friday, June 14 from 9:00 am to 5:00 pm. Participants must be 6 years or older and able to back bend kickover independently. **\$75 for members, \$85 for non-members.** **Registrations after June 12 are an additional \$10.**



Olympic Week!

Join us in celebrating the 2024 Olympic Games! Students will showcase their skills at the end of the summer with floor routines and display skills on bars, beam and vault with a medal ceremony to follow. Family and friends are encouraged to watch, take pictures, and cheer for our little Olympians! Dates and details to follow.

Acrobatic Academy
316.721.2230
AcrobaticAcademy.com
info@acrobaticacademy.com

Fit Physique
316.721.2521
FitPhysique.net
info@fitphysique.net

Basic Beginnings
316.721.7946
BasicBeginningsPreschool.com
kady@basicbeginningspreschool.com





Sign Up for Swim Today!

Our experienced instructors will teach your child life saving skills and swim techniques while gaining confidence in the water!

Lessons start June 3rd.

Flipper Swim School features:

Small classes (no more than 5 students)

Experienced and knowledgeable instructors

Curriculum for all ages and levels

Morning and evening lessons

Have Your Birthday Party at AAI!

Enjoy gymnastic-style fun and games instructed by our trained staff! Our 'guest of honor' and friends will enjoy 45-minutes of activity time followed by 30-minutes in the treat room. Parties are \$140 to book.

Have a summer birthday? Ask about our gym and swim party packages!



Reminders

- May Mommy & Me will be held Friday, May 3rd. June Mommy & Me will be held Friday, June 7th.
- We will be CLOSED 5/24-5/27 for Memorial Day weekend.
- Looking ahead: keep an eye out for special month-long Saturday classes this summer!

Open Gym

Wednesdays 7:45-8:45 pm. \$3.00 for members if registered by the Monday prior, or \$5.00 to drop in.

Saturdays 12:30-1:30 pm. \$3.00 for members if registered by the Wednesday prior, or \$5.00 to drop in.

Non-members are just \$10.00! Work on your skills, or just come to play. Ages 6+. Register at the front desk.