



# October 2024 Newsletter

ACROBATIC ACADEMY



## FREE Saturday Group Fitness Classes

Join us on SATURDAYS in October for free group fitness classes at Fit Physique! No membership or registration required.

### SHINE DANCE FITNESS

**Saturday, October 12, 9:30-10:30 AM**

SHINE brings original choreography rooted in jazz, ballet and hip hop using hit music. Class includes the perfect balance of high-cardio and toning for a full-body workout.

### SHINE LIGHT

**Saturday, October 19, 9:30-10:30 AM**

SHINE LIGHT is a full body workout specializes in low-impact and simplified choreography.

### UPLIFT STRENGTH FITNESS

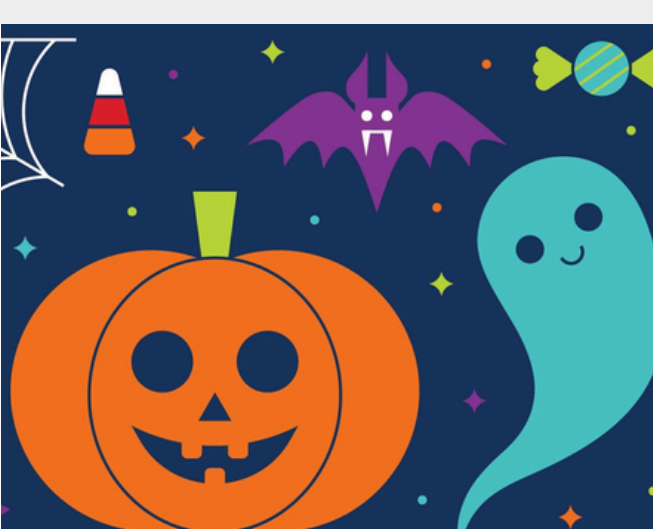
**Saturday, October 26, 9:30-10:30 AM**

UPLIFT begins with a cardio warm up followed by an upper and lower body strength training workout using weights and resistance bands. We know you'll love this class!



## Costume Week Oct. 24-Oct. 30. CLOSED Oct. 31

Let's get spooky! Students are encouraged to wear their Halloween costumes over class appropriate attire the week of **October 24-October 30. Acrobatic Academy will be closed Thursday, October 31 for Halloween.** Classes will resume as normal on Friday, November 1.



## Halloween Open Gym

Join us Saturday, October 26 from 6:00-8:00 pm for a Halloween fundraiser open gym to benefit our Gymnastics Exhibition Team! Enjoy a performance by the team, brave your way through the haunted obstacle course, and wear your costume for our contest!

**\$20 if registered by Wednesday, October 23, or \$25 if registered after. This event is cash only and for ages 6 and older.**

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



# Mommy & Me Open Gym October 4

Bring your toddler to Acrobatic Academy for an hour of fun on the first Friday of every month from 11:00 am to 12:00 pm. Run, jump, bounce and climb on trampolines, foam pits, zip lines and more!

For ages 1-5. Registration is \$15 if signed-up by the Wednesday prior, or \$20 after. Siblings are just \$5. Adult participation is required. One adult per participant. Non-members are welcome!



## Teacher Feature: Meet Ms. Anna!

**Q: What is your favorite thing about coaching gymnastics?**

**A:** My favorite thing about coaching is seeing the improvement of all my students each week as well as the joy they feel when they get a new skill!

**Q: What is your gymnastics background?**

**A:** I was a competitive gymnast for 10- years in Wichita.

**Q: What is a fun fact about you?**

**A:** I get to race in swimming, biking and running.

**Catch Ms. Anna's Advanced Beginner class Mondays at 6:30 pm!**



## Acro Picnic at the Park (FREE EVENT)

If you've ever seen our Gymnastics Team perform, then you've seen the amazing acrobatic stunts and poses they have mastered. Try out some of these stunts for yourself with the safety of experienced spotters while enjoying the beautiful weather on **Friday, October 11th from 6:00-6:45 pm.**

Bring a blanket, chairs, and a snack (or cash for the bake sale), and meet us at the 13th and North Shore Blvd entrance to Sedgwick County Park.

This event is FREE and open to all ages. Donations to the team are appreciated, but not required.

Be sure to check the Facebook event for weather updates on the day of the event. In case of inclement weather, the performance will be moved to Acrobatic Academy.

**Find us on  
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