



# OCTOBER



## E-BLAST



**THIS MONTH!**

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# OCTOBER

## Fall Festivities!

Check out our  
proshop for  
themed items!

### Breast Cancer Week:

September 29<sup>th</sup> - October 4<sup>th</sup>

**Wear Pink all week!**

Bring in your extra change and/or if you purchase a pink item from our proshop, 10% will go towards donations! All donations go towards Breast Cancer support and you'll get to ring the bell!



### Excite! Expo!

**Saturday October 18<sup>th</sup> @ Excite!**

Gym Team Session 1:

Pre Team, Level 1, 2, 3 and Bronze: 12:00pm

Gym Team Session 2:

Silver, Level 4, Gold, Platinum and Optionals: 3:00pm

Tickets: \$15 Early Bird (ends October 10<sup>th</sup>), \$20 at Expo

Kids 5 and under are free

Flowers: \$15 (Preorder-ends October 10<sup>th</sup>)

\$20 (at Expo)

Concessions and merchandise available for purchase!

**Sunday October 19<sup>th</sup> @ Marcus HS!**

Inspire, Novice, Prep, Premier Prep, All Star  
and Acro: 4:00pm

Tickets: \$20 Early Bird (ends October 10<sup>th</sup>)

\$25 at the door

Kids 5 and under are free

Flowers: \$15 (Preorder-ends October 10<sup>th</sup>)

\$20 (at Expo)

Concessions, merchandise and vendors available for purchase!



Scan Me

### Fire Prevention Week:

October 5<sup>th</sup> - 11<sup>th</sup>

**\*Stop, Drop & Roll\***

During classes this week we will be explaining Emergency Exit plans and teaching Fire Safety tricks.

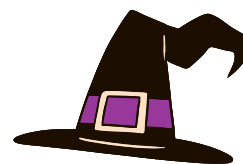


### Dress Up Week:

October 25<sup>th</sup> - 30<sup>th</sup>

Join us in dressing up all week long!

Wear something they can move in.



### Closed for Halloween:

Friday October 31<sup>st</sup>

We are thankful that we will get to spend  
Halloween with our families.

**HALLOWEEN**



# OCTOBER

## Haunted House!

OCTOBER 24<sup>TH</sup> - 30<sup>TH</sup>

CLASSES THAT WILL GO THROUGH THE HAUNTED HOUSE:

\*BEGINNER TUMBLE, TUMBLE 1, 1A, 2, 3 AND UP

\*MINI/YOUTH CHEER & TUMBLE

\*HOT SHOTS 1 & 2, BEGINNER GYM, GYM A, B & C

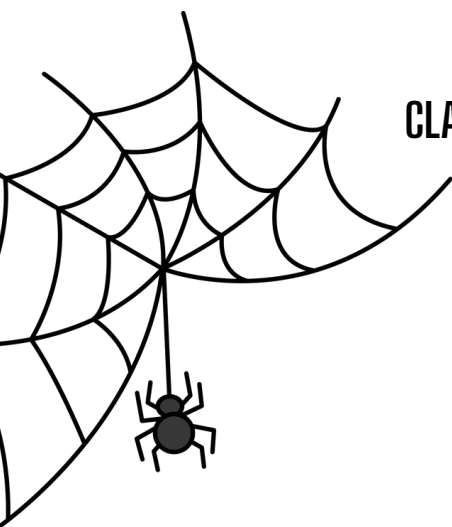
-DURING CLASS TIME

-FREE TO ALL CLASS MEMBERS

-NO CHILD IS REQUIRED TO GO THROUGH

-THEIR EXPERIENCE IN THE HAUNTED HOUSE WILL BE AGE APPROPRIATE

-PLEASE EMAIL [OFFICE@EXCITEGYM.COM](mailto:OFFICE@EXCITEGYM.COM) 72 HOURS PRIOR IF YOU DO NOT WANT YOUR CHILD TO PARTICIPATE, A RETURN EMAIL MUST BE RECEIVED



## Trick or Treating!

OCTOBER 25<sup>TH</sup> - 30<sup>TH</sup>

PRESCHOOL CLASSES AND TINY CHEER CLASSES WILL PARTICIPATE IN TRICK OR TREATING AROUND THE GYM!





# OCTOBER

## Extras!

### Make Up Classes

Must be signed up 72hrs in advance

Check out our Make up day and times!

Saturdays 11:30am-12:25pm at the MAIN Location.

Beginner Gymnastics

Hot Shots 1 & 2

Gym A, Gym B, Gym C

Beginner Tumble

Tumble 1

Tumble 1A



Scan QR  
to sign up

Saturdays @ PSL

9:15am: Young 3's

10:15am: TOTS

11:15am: Shinning Stars and Shooting Stars

\*\*If currently enrolled in Saturday classes – go to your parent portal to select your make up class during the week

### Day Plays



See website for weekly **DAY PLAY** times!



Scan QR  
for info

### Clinics



See website for our **30Min CLINIC** descriptions, requirements and to enroll!

Clinics help our athletes on specific skills they are focusing on gaining.

Back Handsprings (Must have a strong Round Off and Back Walkover)

Back Tucks (Must have Standing and Running Back Handspring Series)

Aerials (Must have Strong Cartwheel)



Scan QR  
for info

### Special of the Month

Bring a friend for our Preschool classes!

When: October 6<sup>th</sup> - 12<sup>th</sup>


Who: Preschool students can bring a class age appropriate new friend to class (not currently in class)  
Scan QR code for our event waiver- no advance notice required!

**Preschool location only**



Scan QR for event waiver

# OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Check website for any Day Play Cancellations.            PSL Day Play:            Mon 9:30am-10:30am            Wed 1:00pm-2:00pm            Sat 12:00pm-1:00pm            Main Location:            Mon &amp; Fri 10:30am-11:30am            Thurs 1:00pm-2:00pm</p>	<p>Main Gym Make up classes:            Saturdays 11:30am-12:30pm            Beginner Gymnastics            Hot Shots 1 &amp; 2            Gym A, Gym B, and Gym C            Tumble 1            Tumble 1A</p>	<p>PSL Make up classes:            Saturdays            9:15am: Young 3's            10:15am: TOTS            11:15am: Shining Stars &amp; Shooting Stars</p>	<p>1 Day play   Breast Cancer week   Backwards week @ PSL</p>	<p>2 Day play   Cheer half season tryouts/ parent meeting @ 6:00pm</p>	<p>3 Day play</p>	<p>4   Make up classes &amp; Clinics</p>
<p>5   Fire Prevention week</p>	<p>6 Day play            Day play   National Coaches Day            Space week @ PSL</p>	<p>7</p>	<p>8 Day play   National Hero Day</p>	<p>9 Day play   Beth Ann's Birthday</p>	<p>10 Day play</p>	<p>11   Make up classes &amp; Clinics</p>
<p>12</p>	<p>13 Day play            Day play            Columbus Day we are open   DAY   Space week @ PSL</p>	<p>14   National Dessert Day</p>	<p>15 Day play</p>	<p>16 Day play   National Sports Day</p>	<p>17   CLOSED! Staff State Fair Day</p>	<p>18   Gymnastics Expo!            Session 1: 12pm            Session 2: 3pm</p>
<p>19   Cheer and ACRO Expo! @ 4:00pm</p>	<p>20 Day play            Day play   Creep Crawlers week @ PSL</p>	<p>21</p>	<p>22 Day play   National Color Day</p>	<p>23 Day play</p>	<p>24 Day play</p>	<p>25   Dress Up &amp; Haunted House week   Make up classes &amp; Clinics</p>
<p>26   Coach Wicam's Birthday</p>	<p>27 Day play            Day play   Creep Crawlers week @ PSL</p>	<p>28</p>	<p>29 Day play</p>	<p>30 Day play   National Candy Corn Day</p>	<p>31            CLOSED for Halloween!   HAPPY HALLOWEEN   Jr Staff- Zoe's Birthday</p>	<p>Clinics:            Saturdays 9:00am-9:30am            Back Handsprings            Back Tucks            Aerials</p>