



December

E-BLAST



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GYM CLOSED:

DECEMBER 20TH - JANUARY 2ND

IMPORTANT UPDATE ON CLASS PRICING

TO OUR EXCITE! FAMILIES,
WE HOPE THIS MESSAGE FINDS YOU WELL AND NOT TOO
CRAZY DURING THE WONDERFUL HOLIDAY SEASON!
WE WANT TO FIRST EXPRESS OUR HEARTFELT GRATITUDE
FOR YOUR CONTINUED SUPPORT OF EXCITE! GYM AND CHEER.
YOUR COMMITMENT MEANS THE WORLD TO US!

UPCOMING CLASS PRICE INCREASE

EFFECTIVE DATE: 1/1/2026.

45 MINUTE CLASSES WILL BE \$80

55 MINUTE CLASSES WILL BE \$105

(ALL DISCOUNTS WILL STILL APPLY)

REASONS FOR INCREASE:

OUR LAST PRICE ADJUSTMENT WAS 3 YEARS AGO.
PRIOR TO THAT, WE HADN'T INCREASED PRICES IN 15 YEARS.

THIS CHANGE WILL HELP US:

-INSURE FAIR WAGES FOR OUR DEDICATED EMPLOYEES

-MAINTAIN OUR GYM EQUIPMENT AND FACILITIES TO THE HIGHEST SAFETY
STANDARDS

THANK YOU!

WE TRULY APPRECIATE YOUR UNDERSTANDING AS WE MAKE THIS NECESSARY
ADJUSTMENT. WE REMAIN COMMITTED TO PROVIDING YOU WITH THE BEST
POSSIBLE EXPERIENCE AT EXCITE! GYM AND CHEER.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO REACH
OUT.

THANK YOU FOR BEING PART OF OUR OHANA!

WARM REGARDS,
THE EXCITE! TEAM

December

HOLIDAY EXTRAS!

Main Gym Camps:

*Must be Potty Trained.

Pack a sack lunch and water bottle.

Minimum Enrollment required*

Cost: \$38 | Ages: 3-10

9am-1pm or 12pm-4pm

12/22- Santa's Helpers Camp

12/23- Grinch Camp

12/29- Holiday PJ's Camp (9am-1pm only)

12/30- New Years Camp (9am-1pm only)

Fun Night Out:

*Minimum Enrollment required.

Must be enrolled 72hrs in advance*

Cost: \$40 | Ages: 6 & up

5pm-9pm

12/22 & 12/23

Cheese Pizza included

Snacks & drinks available for pre purchase or cash only at event.

Main Gym Clinics:

Minimum Enrollment required. Must be enrolled 72hrs in advance

Cost: \$20 | 11:30am-12pm | Ages: 5-18

12/22 & 12/23

BHS Clinic(must have Round off with a rebound and a Back Walkover)

Back Tucks Clinic(Must have Standing and Running Backhandspring Series)

Aerials Clinic(Must have strong off and back or front walkover)

Helicopter(Must have a strong cartwheel and front walkover)

Back and Front walkovers(Must have Back Bend Kick Over and Handstand Front Limber)

Layouts & Twisting(Working lay-outs and perfecting lay-out technique. Working on twisting and twisting drills)

Preschool Location Clinics:

*Minimum Enrollment required.

Must be enrolled 72hrs in advance*

Cost: \$20 | 9:30am-10am | Ages: 3.5-6

12/22 & 12/23

Preschool Basic Tumble Clinic

Great opportunity to master the skills needed for promotion.

Preschool Location Day Play:

Cost: \$10 first child - \$5 additional sibling

Preschool class members FREE

12/22 & 12/23

10am-12pm | Ages: Crawling- 6yrs



Scan QR for
Holiday Extras!



SKILL EVALUATIONS:

Skill Evaluations are LIVE!

Your full skill assessment is now available online through your parent portal! Log in and see all the incredible skills your athlete is working on and learning! Got questions or want more information?

Email mgmtteam@excitegym.com to get connected with your coach!

How to view: log in to your parent portal, select "my account", select "students" tab and then select "evaluations"

IN HOUSE MEET:



Gymnastics In-House Meet

Date: Saturday January 10, 2026

Theme: Beach

Billing: November 28th, \$20

(includes: entry for your athlete, 1 parent ticket, T-Shirt, ribbons and award medal)

Calling all: Shining & Shooting Stars,

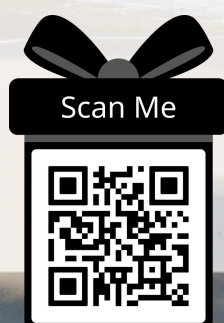
Beginner Gymnastics, Hot Shots 1 & 2 and Gym A, B & C

Add on: Trophy \$12 (Preorder ends DECEMBER 12TH)

Tickets \$5, Cookies \$8, and Flowers \$15 (Preorder ends JANUARY 3RD)

FUN, FOOD AND OTHER ITEMS AVAILABLE FOR SALE – GREAT FUN QUICK DAY!

WATCH EMAIL FOR MORE INFORMATION!





SPECIAL OF THE MONTH:

Birthday Party Special!

\$25 off an Excite! Party Bash

when reserved by January 31st 2026!

some restrictions may apply



Scan the QR code to
visit our website for
more information

SPECIAL OFFER

EXTRAS:

Back Handspring and Conditioning Class:

Tuesday 6:30-7:15pm or Wednesday 5:15-6:00pm | Ages: 7-18

Minimum Enrollment required.

Students must be able to execute Round off with a rebound and a Back Walkover. Have the knowledge and physical ability to hold themselves in a back bend or strong bridge. Conditioning elements and drills will be incorporated for strength training.



Scan the QR code
to sign up!

CLINICS

DAY PLAY



See website for weekly
DAY PLAY times!



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

MAKE UPS



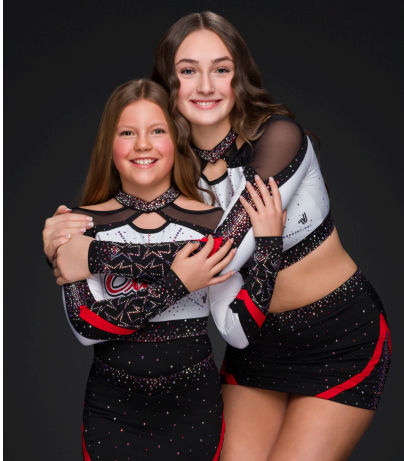
Must be signed up 72hrs in advance
Scan QR for Make
up classes!

December

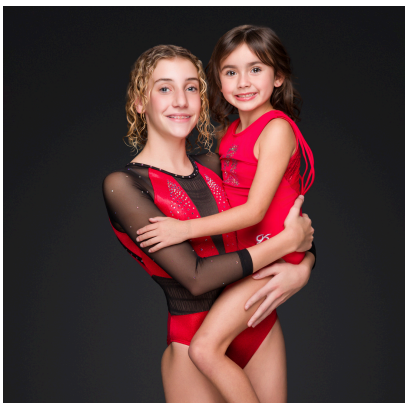
ACRO! Spotlights!



Cheer!



Gymnastics!



DECEMBER 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 & Fri 10:30am-11:30am Thurs 1:00pm-2:00pm</p>	<p>1 Day play Day play</p> <p> Holiday week @ PSL</p>	2	3 Day play	4 Day play	5 Day play	6 Day play
<p>7</p> <p> National Slime day</p>	<p>8 Day play Day play</p> <p> Holiday week @ PSL</p>	9	10 Day play	<p>11 Day play</p> <p> National Sock day</p>	12 Day play	<p>13 Day play</p> <p> Make up classes & Clinics</p>
<p>14</p> <p> National Monkey day</p>	<p>15 Day play Day play</p> <p> Holiday week @ PSL</p>	16	<p>17 Day play</p> <p> Melissa's Birthday</p>	<p>18 Day play</p> <p> National Twin day</p>	19 Day play	<p>20  CLOSED</p> <p>CLOSED for Holiday Break!</p>
21	<p>22</p> <p> Santa's Helpers camps, clinics and fun night outs!</p>	<p>23</p> <p> Grinch camps, clinics and fun night outs!</p>	<p>24</p> <p> EVE</p>	<p>25 MERRY CHRISTMAS</p> <p></p>	<p>26</p> <p> Tammy's Birthday</p>	27
28	<p>29</p> <p> Holiday PJ's camps and clinics!</p>	<p>30 2026</p> <p>New Years camps and clinics1</p>	<p>31 NEW Year's EVE</p> <p></p>	<p>Main Gym Make up classes: Saturdays 11:30am-12:30pm Beginner Gymnastics Hot Shots 1 & 2 Gym A, Gym B, and Gym C Beginner Tumble Tumble 1 Tumble 1A</p>	<p>PSL Make up classes: Saturdays 9:15am: Young 3's 10:15am: TOTS 11:15am: Shining Stars & Shooting Stars</p>	<p>Clinics: Saturdays 9:00am-9:30am Back Handsprings Back Tucks Aerials</p>

JANUARY



E-BLAST



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