

NOVEMBER



E-BLAST



INSIDE THIS
EDITION:

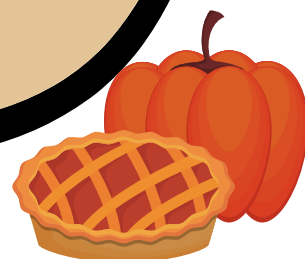
PAGE 2 & 3: THANKSGIVING & HOLIDAY EXTRAS

PAGE 4: EXTRAS & SKILL EVALUATIONS THIS MONTH

PAGE 5: EXPO BRAGS

PAGE 6: CALENDAR

GYM CLOSED: NOVEMBER 23RD-29TH



NOVEMBER

Thanksgiving and 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

11/24- I'm Thankful Camp

11/25- Turkey Trot Camp

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)

Main Gym Fun Night Out:

Minimum Enrollment required. Must be enrolled 72hrs in advance

Cost: \$40 | Ages: 6 & up

5pm-9pm

11/24 & 11/25

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

11/24 & 11/25 | 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)

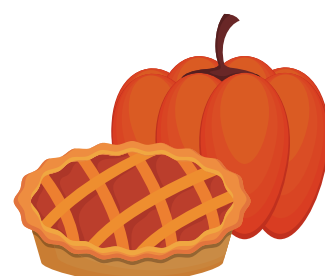
Helicopter(Must have a strong cartwheel and front walkover)

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)



Scan QR for Main Gym
Camps and Clinics!



NOVEMBER

Thanksgiving and Holiday Extras Continue!

Preschool Gym Fun Night Out:

*Minimum Enrollment required. Must be enrolled
72hrs in advance*

Cost: \$40 | Ages: 3-6
5pm-8:30pm

11/24 & 11/25

Cheese Pizza included

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

Preschool Gym Clinics:

*Minimum Enrollment required.

Must be enrolled 72hrs in advance*

Cost: \$20 | 9:30am-10am | Ages: 3.5-6
11/24 & 11/25 | 12/22 & 12/23

Preschool Basic Tumble Clinic

Great opportunity to master those
skills needed for promotion.

Preschool Gym Day Play:

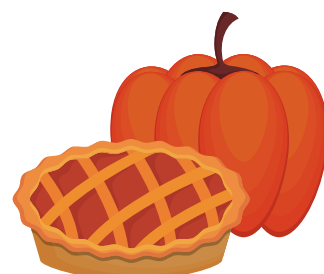
Cost: \$10 first child - \$5 additional sibling
Preschool class members FREE

11/24 & 11/25 | 12/22 & 12/23

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



Scan QR for Preschool Gym
Fun Night Out and Clinics!



NOVEMBER

Extras!

Special of the Month: Rent the Gym! (Preschool Location)

Mom groups/book clubs, bible studies and more!

Hire a staffer while you meet!

For more info email

Office@excitegym.com

**SPECIAL
OFFER**

Day Plays and Clinics:



See website for weekly
DAY PLAY times!



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

Make Up Classes

Must be signed up 72hrs in advance



Scan QR
to sign up

Skill Evaluations!

November 1st - November 14th

Coaches will be evaluating students in all Preschool, Gymnastics and Tumble classes! Coaches may utilize iPads and clipboards during class.



NOVEMBER

Expo brags!



Thank you for an amazing Expo!

NOVEMBER 2025

Blue = Preschool Location

Red = Main Location

Black = Events

SUN	MON	TUE	WED	THU	FRI	SAT
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	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	PSL Make up classes: Saturdays 9:15am: Young 3's 10:15am: TOTS 11:15am: Shining Stars & Shooting Stars	Clinics: Saturdays 9:00am-9:30am Back Handsprings Back Tucks Aerials			1 Day play  Make up classes & Clinics
2 Daylight savings  Coach Danni's Birthday	3 Day play Day play  Teddy Bear week @ PSL	4	5 Day play  National Donut Day	6 Day play	7 Day play	8 Day play  Make up classes & Clinics
9	10 Day play Day play  Thanksgiving week @ PSL	11  Veterans Day	12 Day play	13 Day play	14 Day play	15 Day play  Make up classes & Clinics
16	17 Day play Day play  Thanksgiving week @ PSL	18  Mickey Mouse Birthday	19 Day play  Tausha's Birthday	20 Day play	21 Day play	22 Day play  Make up classes & Clinics
23  CLOSED CLOSED for Thanksgiving Break!	24  I'm Thankful I'm Thankful camps, clinics and fun night outs!	25  Turkey Trot Turkey Trot camps, clinics and fun night outs!	26	27  Happy Thanksgiving	28	29
30						