



# Is coming to Shrewsbury!

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**Starting March 10th on Wednesdays, Gymnastics of York will be offering three classes at MGM Dance Studio (39 E. Forest Ave. Shrewsbury, PA 17361).**

## **6:00pm - 7:00pm: Pre-school Gymnastics**

Classes will focus on pre-school level gymnastics skills on floor, balance beam, bars, and vault. Excellent for building coordination, confidence, strength, and flexibility. Coached by Mr. Justin, also head coach of the TumbleWheels Gymbus.



## **7:00pm - 8:00pm: Beginners Gymnastics**

Classes will serve as an introduction to basic gymnastics skills on floor, balance beam, bars, and vault. A great way to get in shape and explore gymnastics.

## **8:00pm - 9:00pm: Intermediate Tumbling**

Classes will focus specifically on floor tumbling. Because this is an intermediate level class students are required to at least have a strong mastery of the round-off skill.

**To sign up please call our main York office at 717-378-0101, or email Sandi: [sandi@gymnasticsofyork.com](mailto:sandi@gymnasticsofyork.com)**

**We will possibly be looking to increase our staff as the program grows - contact [justin@FlipSideFT.com](mailto:justin@FlipSideFT.com) if interested**