



Is coming to Shrewsbury!

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

We will possibly be looking to increase our staff as the program grows - contact justin@FlipSideFT.com if interested