



# GymCore Holiday Packet

**GymCore LLC**

**Phone : 615 - 795 - 7607**

**Email : [gymcoreinfo@gmail.com](mailto:gymcoreinfo@gmail.com)**

**Web : [www.gymcoretn.com](http://www.gymcoretn.com)**

# LEARN MORE ABOUT WHO WE ARE



## OUR MISSION

We believe in helping athletes of every age and ability achieve their personal goals in a fun, positive, and motivating environment. Our coaching methods are based on the importance of building a strong foundation and creating opportunities that continuously challenge every individual. Our goal is to make an enriched and everlasting impact on our athletes, their families, and the community.

All of our coaches are certified within their discipline/specialty, CPR certified, SafeSport Certified, and go through continuous training to ensure the absolute best instruction for our athletes!

## OUR DIFFERENCE

Many gyms across the nation develop lesson plans that often follow a very narrow structure. However, these lesson plans are more textbook style and not always suited towards the needs of every child. This puts coaches in a bind since they may not know or cannot reach the needs of their students due to little room for flexibility or advanced development within their class structure. This leads to students getting bored, displaying a poor attitude, and/or withdrawing from the program.

At GymCore, we recognize that each child has their own special strengths, as well as, develops skills at their own pace. Our fresh and modern curriculum is designed with purpose, progressions, and stimulating creativity to fit the needs of each individual.

The GymCore Curriculum is divided into two segments; program structure and class structure. Curriculum strategically outlines the details within every program on how we further develop a student's physical abilities and enhance intellectual/social skills with stimulating techniques.

Within our classes, coaches are trained and educated on how to create multi-functioning stations to suit the needs of students at different developmental levels while still achieving the same results (to master a specific skill).



### RESPECT

From our staff to our members to our entire community, we treat everyone with the utmost respect.



### GROW

We believe in continuously challenging our athletes, staff, and company to grow in their talents, confidence, and the courage to chase their dreams.



### COMMUNITY

We are here to serve our community through gymnastics-related activities. In addition, we use our platform to help local schools and charities.



### CULTURE

Our culture promotes good sportsmanship, quality communication, trust, creativity, and teamwork amongst every individual.

For more information visit the link

[WWW.GYMCORETN.COM](http://WWW.GYMCORETN.COM)



# Holiday GymBox

**Limited Edition!** Special Gymnastics & Tumbling boxes filled with age appropriate goodies! **Order by 11/20 for \$10 OFF!** Boxes are available for pick up or delivery between 12/5 - 15.

Email [gymcoreinfo@gmail.com](mailto:gymcoreinfo@gmail.com) to place an order.





GIVE THE GIFT OF EXPERIENCES!

# 8 Weeks of Classes

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Seasonal Package  
Only

**\$164**

Covers All Fees &  
Tuition!

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GYMNASTICS & TUMBLING CLASSES FOR ALL AGES!

CONTACT [GYMCOREINFO@GMAIL.COM](mailto:GYMCOREINFO@GMAIL.COM)





# *New Schedule* **GYM**CORE

**BEGINNING NOVEMBER 1ST**

## **MONDAYS**

10:00a Adv. Homeschool Tumbling (ages 6+)

10:45a Homeschool Tumbling (ages 5+)

## **WEDNESDAYS**

5:15p Tumble-Tots (ages 1-3)

6:00p Intro to Tumbling (ages 4-7)

## **SATURDAYS**

9:00a Tumble-Tots Advanced (ages 3-5)

9:45a Begin/Interm. Tumbling (ages 6+)

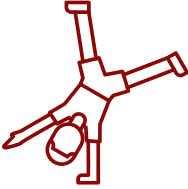
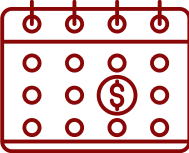





***\$10 TRIAL CLASS FOR ALL  
NEW STUDENTS!***



# FAQs

## ABOUT TUITION

|   |  |
|---|--|
|    | <p><b>Class Tuition</b></p> <p>Tumbling class tuition is \$75 a month for one 45-min. class per week. There is an additional \$6.99 monthly membership fee charged per student to cover service charges and provide special perks throughout the year.</p>   |
|   | <p><b>Tuition Policies</b></p> <p>All accounts are required to have a card on file. Tuition will automatically run on the 24th of every month for the upcoming month. If you wish to pay by check or Venmo, you must turn it in by the 22nd to prevent the automatic charge.</p>   |
|  | <p><b>Pause Policies</b></p> <p>We can temporarily hold your child's spot in class for 30 days, and you will not be charged tuition for this time. The monthly membership fee will still be charged. Tuition will automatically resume after the 30 days are up. You must fill out the <a href="#">Pause Form</a> for this to officially be processed.</p> |
|  | <p><b>Withdrawal Policies</b></p> <p>If you wish to remove your child from class and stop your membership, you will need to fill out the <a href="#">Withdrawal Form</a> before the 20th of the current month to prevent being charged for the upcoming month.</p>   |
|  | <p><b>Tuition Assistance Program (TAP)</b></p> <p>GymCore believes high costs should not prevent children from participating in a sport that can enhance their development. Our Tuition Assistance Program (TAP) is designed to financially assist families by contributing to 50% of their monthly tuition. Funds are limited.</p>                        |





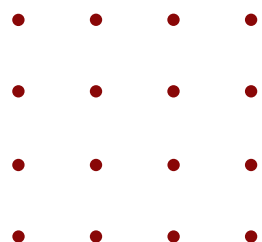
# BRING A FRIEND

**GIVE THIS TO A FRIEND THAT YOU  
WOULD LIKE TO JOIN YOUR CLASS!**



**\$10 Friend Class Pass**

*IF THEY SIGN UP, YOU'LL RECEIVE \$50 CREDIT! TOWARDS  
FUTURE TUITION! UNLIMITED EARNING POTENTIAL!*





# Virtual Arts & Crafts Classes

*Providing fun extracurricular activities for children in the comfort of their own home!*



**FREE TO ALL  
GYMCORE FAMILIES!**

Seasonal Activities

Age Appropriate

\$10 for non members

**Learn More**



**Social Media**  
**@gymcoretn**



**Website**  
**[gymcoretn.com/virtual](https://gymcoretn.com/virtual)**





# EVENT SCHEDULE

Nov & Dec



**MONDAY**  
**11/10 & 12/8**

## Monthly Open Play

9:30 - 11:00am

*Inside Fortified Fitness in Murfreesboro, TN*

**SATURDAY**  
**11/15**

## In-Person Gift Making Class

9:45 - 10:30am

*Inside Fortified Fitness in Murfreesboro, TN*

**WEDNESDAY**  
**12/26**

## Virtual Gift Making Class

11:00 - 11:45am OR

2:30 - 3:15pm

*From the comfort of your own home!*

**SATURDAY**  
**12/6 & 12/13**

## In-Person Gift Making Class

9:45 - 10:30am

*Inside Fortified Fitness in Murfreesboro, TN*

For more information, contact us at [gymcoreinfo@gmail.com](mailto:gymcoreinfo@gmail.com)  
or visit our website [www.gymcoretn.com](http://www.gymcoretn.com)



# GYMCORE GYMSTORE

Check out our online store where you can find GymCore Gear, Home Items, and Gifts for all ages! Please note that all sales are final. We do not accept returns or offer refunds.

@gymcoretn



Check it out!







# For the Home EQUIPMENT

**DGS** OFFERS HIGH-QUALITY HOME TRAINING EQUIPMENT DESIGNED TO SUPPORT SKILL DEVELOPMENT OUTSIDE THE GYM. THEIR PRODUCTS ARE BUILT WITH ATHLETE SAFETY AND PERFORMANCE IN MIND, PROVIDING DURABLE MATS, BEAMS, AND TRAINING TOOLS THAT ALLOW GYMNASTS AND TUMBLERS TO CONFIDENTLY PRACTICE AT HOME.



SCAN HERE



*Build Your Skills at Home!*

EXPLORE HOME USE EQUIPMENT ON  
GYMSUPPLY.COM

SHOP NOW





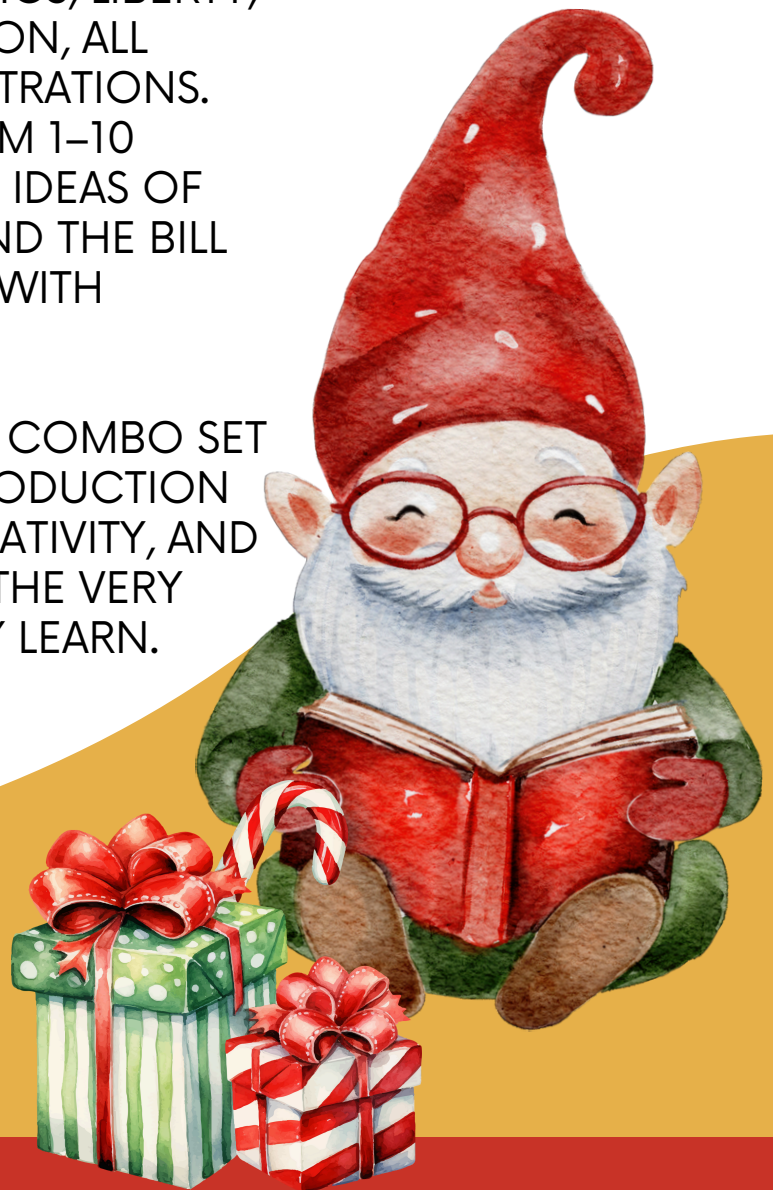
# Holiday Sale

# TUTTLE TWINS

THIS ADORABLE AND HIGHLY EDUCATIONAL 6-BOOK BOARD SET INTRODUCES LITTLE ONES TO THE FOUNDATIONS OF LIBERTY IN TWO FUN WAYS:

- **ABC'S (3 BOOKS):** WALK THROUGH THE ALPHABET TO DISCOVER WORDS AND DEFINITIONS ABOUT ECONOMICS, LIBERTY, AND THE AMERICAN REVOLUTION, ALL PAIRED WITH CHARMING ILLUSTRATIONS.
- **123'S (3 BOOKS):** COUNT FROM 1-10 WHILE EXPLORING IMPORTANT IDEAS OF INNOVATION, ECONOMICS, AND THE BILL OF RIGHTS, BROUGHT TO LIFE WITH COLORFUL ARTWORK.

TOGETHER, THE TUTTLE TODDLERS COMBO SET GIVE YOUR CHILD A PLAYFUL INTRODUCTION TO THE VALUES OF FREEDOM, CREATIVITY, AND RESPONSIBILITY—STARTING WITH THE VERY FIRST LETTERS AND NUMBERS THEY LEARN.





# SPECIAL THANKS

*to our community partners*

We are proud to partner with local professionals and businesses within our community to help one another grow and connect. Partnering with GymCore will help expand your brand amongst a wide range of clientele through effective methods of marketing that are customized to meet the needs of your business. If you are interested in partnering with us, please email Marie at [gymcoreinfo@gmail.com](mailto:gymcoreinfo@gmail.com).





# Follow Us

*BE SURE TO TAG US IN YOUR PHOTOS!*



**Facebook**

[facebook.com/gymcore](https://facebook.com/gymcore)



**X (Twitter)**

[x.com/gymcoretn](https://x.com/gymcoretn)

**@GYMCORETN**



**Instagram**

[instagram.com/gymcoretn](https://instagram.com/gymcoretn)

**@GYMCORETN**

