



Celebrate summer and the spirit of the season at GymCore's **Stars, Stripes, & Skills Mini Camp**! This high-energy, red-white-and-blue themed camp is designed for children ages **4–12 years old** and combines skill development, movement, and fun in a safe and supportive environment.

Campers will spend each afternoon building strength, confidence, and coordination through age-appropriate **tumbling instruction**, exciting obstacle courses, and engaging group activities. Our experienced coaches will break skills down by level, ensuring every child—whether beginner or experienced—feels challenged, successful, and encouraged.

Each day will include:

- Structured tumbling skill stations
- Creative movement and conditioning games
- Fun themed activities and challenges
- Opportunities to build teamwork, focus, and confidence
- Snacks and crafts are included!



**Dates:** July 1st, 2nd, & 3rd



**Time:** 12:30 – 3:30 PM



**Location:** Inside Fortified Fitness (203 Southpointe Court, Murfreesboro, TN)



**Ages:** 4–12 years

Families may **register for individual days or multiple days**—making it easy to fit skill-building into your summer schedule.

Whether your child is new to tumbling or looking to strengthen their fundamentals, **Stars, Stripes, & Skills Mini Camp** is the perfect opportunity to grow, learn, and level up at GymCore!



GymCore | Murfreesboro

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

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