



GYMCORE

TUMBLE-TOTS



Class: Tumble Tots (with parent participation)

Ages: 1 - 3 years

Duration: 45 minutes

Our Parent & Child Tumbling class is a playful and engaging introduction to movement for our youngest tumblers, ages 1 to 3 years. With a parent or caregiver by their side, little ones will explore basic motor skills, coordination, and body awareness in a fun, supportive environment.

Through age-appropriate activities like crawling, climbing, balancing, rolling, and jumping, children build strength and confidence while developing a love for movement. Caregivers are guided by our instructors on how to safely support their child's progress, creating a shared experience that encourages bonding and early social interaction. This class is a perfect first step into the world of tumbling and gymnastics, helping toddlers grow physically and emotionally while having a great time!



Class: Advance Tumble Tots

Ages: 3 - 5 years

Duration: 45 minutes

This class is designed for energetic and motivated young gymnasts ages 3 to 5 who are ready to take their skills to the next level. This fast-paced, skill-focused class builds on foundational movements and introduces more advanced progressions in a fun and structured environment.

With an emphasis on strength, flexibility, coordination, and technique, gymnasts will work on skills across all gymnastics events—including rolls, handstands, cartwheels, balances, and basic bar and beam work. Instructors guide students through challenging drills and obstacle courses that encourage focus, confidence, and independence. Perfect for those who demonstrate a willingness to learn more skills, this class sets the stage for future success in gymnastics while keeping learning exciting and age-appropriate.

\$10 TRIAL CLASS FOR ALL NEW STUDENTS!

Sign Up: <https://app.jackrabbitclass.com/regv2.asp?id=553504>



Class: Intro to Tumbling

Ages: 4 - 7 years

Duration: 45 minutes

This class is the perfect starting point for anyone eager to learn the fundamentals of gymnastics and tumbling. Whether you're new to the sport or looking to refine your basic skills, this class will teach you essential techniques like forward rolls, cartwheels, handstands, and more in a supportive, fun environment.

With expert instructors, small class sizes, and a focus on building strength, coordination, and flexibility, you'll develop the foundation needed to progress to more advanced moves. Come join us for an exciting, high-energy class where learning feels just like play. No experience required—just bring your enthusiasm and get ready to tumble into fun!



Class: Beginner/Intermediate Tumbling

Ages: 6+ years

Duration: 45 minutes

Our Beginner/Intermediate Tumbling Class is a fun, hybrid program designed to support a wide range of skill levels in one encouraging environment. Beginners work on core skills like rolls, handstands, cartwheels, and bridges, while intermediate students progress to round-offs, walkovers, and handsprings. Our coaches provide individualized feedback and skill progressions to ensure each student is challenged, motivated, and improving at their own pace. Perfect for those new to tumbling or building on an existing foundation, this class helps athletes develop strength, coordination, and confidence—all while having a great time.



Class: Adult Tumbling

Ages: 18+ years

Duration: 45 minutes

GymCore's Adult Tumbling Class is a dynamic, all-level program designed to meet adults exactly where they are—whether they are stepping onto the floor for the first time or returning to tumbling after years away. In a supportive and high-energy environment, participants are guided through progressions tailored to their individual experience and goals.

Beginner athletes focus on foundational skills such as rolls, handstands, cartwheels, and bridges, while those with prior experience work toward more advanced elements like round-offs, walkovers, and handsprings. GymCore coaches provide personalized feedback, skill modifications, and structured progressions to ensure each participant feels challenged, supported, and successful.

\$10 TRIAL CLASS FOR ALL NEW STUDENTS!

CHECK OUT WHAT ELSE WE HAVE TO OFFER!



GymCore Academy is an extension of GymCore designed to inspire curiosity, creativity, and confidence beyond the gym floor. Through both in-person and virtual experiences, students are given the opportunity to explore a wide range of enriching extracurricular activities—including art, STEM, team-building, creative problem solving, and more.

GymCore Academy focuses on developing the whole child by encouraging exploration, collaboration, and hands-on learning in a fun, supportive environment. Whether students are creating, building, experimenting, or working as a team, each program is designed to help them grow new skills while discovering new interests.

Contact: gymcoreonline@gmail.com



Experience the thrill of gymnastics/tumbling and ninja open play at GymCore! Co-hosted with Fortified Fitness, this is perfect for children aged 10 and under. Our monthly event offers a safe, supervised space for exploration, movement, and fun. With areas tailored for toddlers and older kids, everyone can enjoy this unique opportunity to develop skills, confidence, and social connections. Don't miss out on the excitement—join us for gymnastics open play and let your kids discover the joy of movement today.

[View the Calendar for Upcoming Events!](#)



GymCore's Mini Camps are the perfect way for children ages 4–12 to stay active, build skills, and have fun during summer afternoons. Designed with flexibility in mind, our mini camps offer focused instruction in a high-energy, supportive environment led by our experienced coaching staff.

Each mini camp blends tumbling skill development with games, obstacle courses, and creative movement activities that keep athletes engaged and excited to learn. Campers are grouped by age and ability, allowing our coaches to safely challenge each child while building confidence, strength, coordination, and body awareness.

[Learn More About Camps happening this Summer!](#)