



Celebrate Mother's Day with movement, memories, and a little bit of sweetness! **Cupcakes & Cartwheels** is a special **mother and child experience co-hosted by GymCore and Fortified Fitness**, designed to bring moms and kids together for an afternoon of fun, connection, and play.

Taking place on **Sunday, May 3rd from 2:00–4:00 PM**, this family-friendly event invites moms (or mother figures) and their children (ages 1 - 12 years) to enjoy **interactive games, open gym time, and hands-on cupcake decorating**—all in a welcoming, high-energy environment.

Throughout the event, families will rotate through a variety of **mom-and-me games and movement stations** that encourage teamwork, laughter, and quality time. Kids and moms will have the chance to explore GymCore's gym during **supervised open gym**, participate in fun fitness-inspired activities led by the GymCore and Fortified Fitness teams, and enjoy relaxed free-play time together.

To top it all off, families will gather for a **cupcake decorating station**, where each child can create a sweet treat for mom (or decorate together!)—the perfect keepsake to celebrate the day. Light refreshments, photo-worthy moments, and plenty of smiles are guaranteed. Whether you're flipping, decorating, or just enjoying time together, **Cupcakes & Cartwheels** is all about celebrating strong moms, happy kids, and meaningful moments.

#### ✨ **What to Expect:**

- Mother and child games and interactive activities
- Supervised open gym time
- Cupcake decorating station
- Fun fitness moments with GymCore & Fortified Fitness
- A relaxed, joyful Mother's Day celebration

**Cost:** \$25 per Mother/Child pair. Extra \$10 for each additional child.

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

*\*For families with multiple children, please note that students ages 4 and under are typically placed in a separate group from those ages 5–12. This grouping structure allows us to provide age-appropriate activities for each age range.*