



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!

All classes take place inside Fortified Fitness (203 Southpointe Court, Murfreesboro, TN 37130).

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.

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Class: Homeschool Tumbling

Ages: 5+ years

Duration: 45 minutes

Homeschool Tumbling Class offers a fun and active way for homeschool students ages 5+ to build strength, coordination, and confidence through movement. Taught in a structured yet flexible environment, students learn foundational tumbling techniques with opportunities to progress to skills like back bends, round-offs, walkovers, and more. Our experienced coaches adapt lessons to meet each student's needs, making the class ideal for both beginners and intermediate level tumblers. Along with physical development, participants build teamwork, social skills, and self-confidence—making this class a perfect addition to any homeschool family's physical education program.



Class: Advance Homeschool Tumbling

Ages: 6+ years

Duration: 45 minutes

Our Advanced Homeschool Tumbling Class is designed for children ages 6 and up who are ready to build strength, flexibility, and confidence through advanced tumbling skills. Each class is carefully customized to fit the needs and skill levels of all students, ensuring that every participant is challenged appropriately and supported in their progress. Our experienced instructors create engaging lessons that balance technique, conditioning, and fun—helping students refine their form, master new skills, and stay motivated. Whether your child is advancing their back handspring or learning more complex combinations, this class provides the perfect mix of structure, encouragement, and excitement for homeschool athletes.

\$10 TRIAL CLASS FOR ALL NEW STUDENTS!

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CHECK OUT WHAT ELSE WE HAVE TO OFFER!



GymCore Academy is an innovative online program that brings extracurricular activities directly to your home — provided at no cost to families because we believe every child deserves the chance to move, learn, and grow, regardless of financial circumstances. Designed for students of all ages, GymCore Academy focuses on exercise and sports, offering a variety of virtual classes that promote strength, coordination, and confidence from the comfort of your living room. Whether your child is interested in tumbling, fitness, or overall athletic development, our experienced instructors lead interactive, high-energy sessions that make movement fun and accessible. By removing financial barriers, GymCore Academy ensures that every family can prioritize health, activity, and joy in their child's everyday life.

Contact: gymcoreonline@gmail.com



A 90-minute tumbling clinic is an intensive, hands-on session designed to improve participants' skills in various tumbling techniques, ranging from beginner to advanced levels. During the clinic, athletes receive focused instruction on body control, flexibility, strength, and proper tumbling form. The session typically includes warm-ups, drills for fundamental skills (such as rolls, cartwheels, and handstands), and more advanced techniques like back handsprings, round-offs, and flips. Personalized feedback ensures that each participant progresses at their own pace while building confidence in their tumbling abilities. The clinic is ideal for athletes looking to refine their tumbling technique or improve their overall gymnastics performance.

Contact: gymcoreinfo@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!](#)