



Build a strong foundation at GymCore's **Core Skills Mini Camp**—a focused, skill-building camp designed for children ages **4–12 years old**. This mini camp is perfect for athletes who want to improve their tumbling technique while gaining confidence, strength, and body awareness.

Campers will work through structured, age- and level-appropriate stations that emphasize **fundamental tumbling skills**, including balance, coordination, flexibility, strength, and proper technique. Our experienced coaches provide clear instruction and positive encouragement, helping each athlete progress at their own pace while mastering essential skills.

Each day will include:

- Progressive tumbling skill stations
- Strength, flexibility, and coordination training
- Obstacle courses and skill challenges
- Games that reinforce focus, confidence, and teamwork
- Snacks and crafts are provided!



Dates: June 3, 4, 5



Time: 12:30 - 3:30pm



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, **Core Skills Mini Camp** is the perfect opportunity to grow, learn, and level up at GymCore! ✨



GymCore | Murfreesboro

www.gymcoretn.com

(615) 795 - 7607