Parent tot: This class is for toddlers up to 3 years old. This is a parent led class. Parents and child can explore the gym together by climbing, sliding, hanging, jumping, and balancing together. An instructor is present and involved with the play time. The goal is to begin building beginning coordination through exploring and having fun.

Preschool: Preschool is for both 3 and 4 year-old children. Building life skills and coordination are the goals of this class. Students begin to learn how to take turns, share, use lines, and listen to an instructor. Basic skill building, shapes, and fundamentals of rolling, balancing, and jumping skills are all taught in these classes.

Level 2: Level 2 is for truly beginning tumblers. Level 2 is the first class where skill development is a focus. The goal of this class is to learn tumbling basics. Handstands, cartwheels, and beginning trampoline skills are taught.

Level 3: Level 3 builds upon level 2. Cartwheels are perfected in this class as well as roundoffs. Trampoline skills begin to be a bit more complex and linked together creating new combinations that were taught in level 2.

Level 4: Level 4 is where handsprings are first introduced as well as connecting them to a roundoff. Front and back flips are also introduced and taught at level 4.

Level 5: Level 5 is to teach multiple handsprings in a row. In addition to this technique is really focused on trying to prepare the athletes for the competitive levels.

Future stars: This class is always taught by our director Thomas Theobald. This class is for athletes of any level who would like to join the competitive program as fast and efficiently as possible. To enroll in this class the athletes must plan on joining the team to compete as soon as Thomas gives the invitation to move up.

Jr. team: This is the entry level team in our competitive program. Athletes must compete on the team to be a part of this class and must attend 2 days a week.

Sr. team: This is our advanced competitive team. Athletes must compete on the team to be a member of this class. Athletes are also required to attend a minimum of two times per week and are strongly encouraged to attend all 4 days if possible.

Aerials and Handsprings: This class is designed for Dancers and Cheerleaders who need to learn specifically aerials and handsprings. These are the only to skills taught in this class.

Beginning gymnastics: This class begins at 5 years old. Gymnastics basics are taught on the bars, beam, vault, and floor. No previous gymnastics experience is needed to join this class.

Intermediate gymnastics: Intermediate gymnastics builds upon everything that has been taught in the beginning class.

Advanced gymnastics: Advanced gymnastics is by invitation only from the gymnastics coaches. This is advanced gymnastics in the realm of recreational classes. Advanced rec skills will be taught, and routines will be learned. For fun in house competitions are part of the fun in this class.

Parkour: Parkour is best described as urban gymnastics. Athletes will learn how to safely perform stunts onto, off of, and over obstacles that they may encounter in an urban environment.