**Boys Tumbling and Fitness training:**

**Boys Beginner** (Ages 5 through 7 years): This class will have a focus on fun and fitness. Students will learn basic gymnastics skills that can serve as building blocks for tumbling. Time will be spent developing strength, flexibility, and use of tumble track to safely develop new skills.

**Intermediate** (Ages 8 years and up)**:** This class will allow for more time to develop basic gymnastics skills while improving strength and endurance. This class will have a focus on fun and fitness. Time will be spent developing strength through conditioning and use of tumble track to safely develop new skills.