

NEWSLETTER



CONGRATULATIONS TO TEAM USA GYMNASTICS AT THE 2024 PARIS OLYMPICS!



Highlight

- Team USA Wins at the 2024 Paris Olympics
- Boys Gymnastics: Wednesdays at 6 PM
- Sam's Corner
- PA Fundamentals: Build Cheer Skills
- New Open Gym & Calisthenics Schedule
- Labor Day Closure: September 2nd
- Family Spotlight: Years of Smiles at Gym Beat

At Gym Beat, we're so proud and inspired by their success. We hope it motivates all our gymnasts to keep pushing their limits and striving for greatness. Whether you're just starting out or training for higher levels, let's channel that Olympic spirit and continue to grow stronger together. Join us in celebrating this amazing achievement—go Team USA, and go Gym Beat!

We're thrilled to celebrate the incredible achievements of Team USA Gymnastics at the 2024 Paris Olympics! The U.S. women's team, led by the legendary Simone Biles, secured a well-deserved gold medal, continuing their tradition of excellence. Meanwhile, the U.S. men's team made history by winning their first team bronze since 2008—a huge milestone that highlights their dedication and hard work.





STRENGTH, FLEXIBILITY, FUN: BOYS GYMNASTICS ON WEDNESDAYS AT 6

We're excited to introduce our Boys Gymnastics class, this class focuses on building essential gymnastics skills while ensuring a fun and supportive environment.



What to expect in class: Your child will learn foundational men's gymnastics, including strength training and flexibility exercises to help them grow stronger and more agile. They'll also enjoy practicing basic floor skills that are both enjoyable and fundamental to their gymnastics journey.

This class is about more than just gymnastics—it's about building confidence, discipline, and a love for staying active. Don't miss this opportunity for your son to develop new skills, stay active, and make new friends in a safe and engaging setting!



SCAN ME &
SIGN UP FOR
CLASSES!



Class Information

- **Time:** Wednesday, 6:00 PM - 7:00 PM
- **Ages:** 5 to 9 years old (Boys Only)
- **Monthly Tuition:** \$90 *Inquire at the front desk for more billing details, discounts, and policies!*

Sam's Corner

The 2024 Olympics Games in Paris, France was definitely the highlight of this year's summer! The US Women and Men's gymnastics team did it again with gold, silver and bronze medals! Congrats to you all!

And thank you to our new members who recently joined, due to the popularity of our sport-gymnastics! We hope we continue to inspire your young ones to always reach for the stars!

And last, but not least, be sure to sign up for our upcoming new classes that are forming! Dance, Calisthenics 101 and possibly Break-dancing - another new Olympics sport that debut at this year's Olympics!

New Schedule: Open Gym & Calisthenics

Starting August 23rd, Open Gym is adding a new session on Fridays from 7:30 PM to 9:00 PM, with the same pricing as our other session.

Additionally, our Calisthenics class will also be moving to Friday nights at the same time, 7:30 PM to 9:00 PM.

Please note:

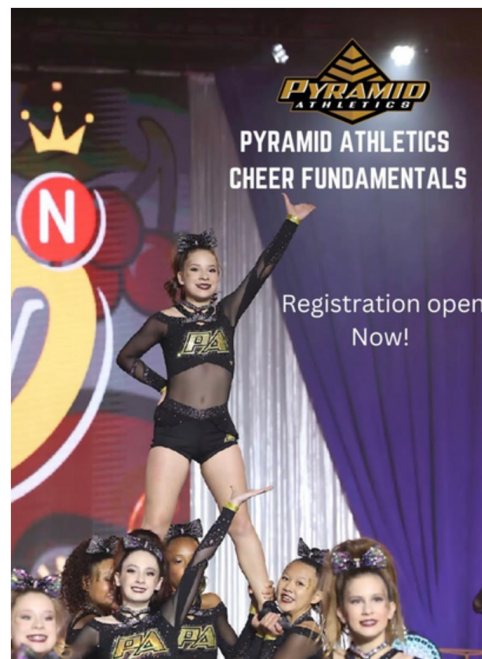
- Last Saturday Calisthenics class will be on **August 17th**
- Both the New Friday Open Gym and Calisthenics class schedules will begin on **August 23rd**.

PA FUNDAMENTAL: BUILD YOUR CHEER SKILLS THIS SEASON WITH US

We're excited to remind everyone about our ongoing Pyramid Athletics Cheer Fundamentals Program! This Summer/Fall session is the perfect opportunity for your athlete to experience cheer with minimal cost and commitment. Participants will learn key cheer skills, including motions, transitions, jumps, tumbling, dance, and stunting. Each week builds towards a final performance at our family showcase on November 10th, 2024.

Practices are held every Saturday from 11 AM to 12 PM. For more information, feel free to call or stop by the front desk. We're thrilled to have you as part of our PA Cheer Family!

**SCAN ME FOR
MORE INFO!**



September 2nd: Gym Closure for Labor Day

Please note that on Monday, September 2nd, our gym will be closed in observance of the Labor Day holiday. As this September includes five Mondays, members will still have their four scheduled classes, so no make-up tokens will be issued for the holiday closure.

Enjoy your day off, and we'll see you back in the gym for your regular classes! Thank you for your understanding, and have a safe and relaxing Labor Day!



YEARS OF SMILES AND GROWTH: A GYM BEAT FAMILY SPOTLIGHT

We're thrilled to shine a spotlight on Mary, a member of the Gym Beat family since 2012. Her journey with us began when her nephew Jeremiah and her oldest daughter Alexis joined GymBeat JR, and it's been a joy to watch her family grow alongside our gym. Over the years, Mary's children have explored a variety of our programs—Malia started in our Fundamentals class three years ago, and Alexis has become a member of our team, Cleo Petra, 6-7 years ago.

Mary's involvement with GymBeat goes beyond just attending classes; it's about the connections, the smiles, and the growth that her family has experienced here. She fondly recalls the excitement her kids felt after each session and the incredible support from our coaches, who have consistently pushed them to achieve their best. With two of her kids now excelling in Pyramid Athletics, Mary's story is a testament to the lasting bonds and sense of community that GymBeat fosters.

We're honored to be a part of their journey and look forward to welcoming her youngest into Ninja Zone soon. At GymBeat, it's families like Mary's that make our community so special, and we can't wait to create even more memories together!

