

Newsletter



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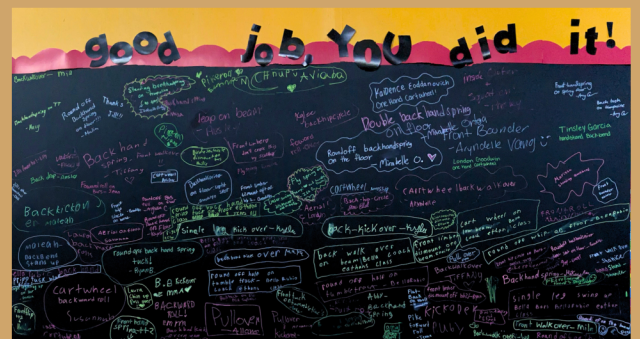
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CELEBRATING TRIUMPHS

GYM BEAT ACHIEVEMENT BOARD

Step into our gym, and you'll find our Achievement Board with the triumphs of our young gymnasts. Each one represents a milestone in their progress, reflecting the dedication and joy they bring to every class. Witnessing these achievements inspires us all to aim higher, creating a supportive community that celebrates every step forward. The Achievement Board is a testament to the power of perseverance and the exciting growth that lies ahead for each talented gymnast in Gym Beat family!



SWEET CONTRIBUTION FROM LA LUNA BAKERY

CELEBRATING LA LUNA'S WARM EMBRACE

As we transition from November to the festive spirit of December, we extend heartfelt thanks to La Luna Bakery, a cherished member of our PA family. During our Turkey Camp week, the delightful aroma of La Luna Bakery's freshly baked Pan Dulce filled our gym, bringing an extra layer of warmth and sweetness to our Thanksgiving celebrations.

Owned by a dedicated PA mom, Vicky Olivera's family, La Luna Bakery shares our passion for cheer and gymnastics, adding the joy of authentic Mexican pastries to our community. La Luna Bakery holds a rich history, spanning over three decades, with roots tracing back to Oaxaca City in 1988 when Vicky's father, Ruiz Jesus, began his own bakery journey. The family's commitment to traditional Oaxaqueño bread led

to the opening of their bakery and cafe on 2421 E Clinton Ave in 2013, offering a delectable array of Oaxacan delicacies.

Familia Ruiz Rodriguez has been in the bread business for over three decades, evolving from a modest start in Oaxaca to becoming a renowned destination in Fresno. Their dedication to providing unique and delicious cuisine has garnered love not only from the Oaxacan community but also from people of various nationalities who appreciate the distinct flavors La Luna Bakery offers. We appreciate La Luna Bakery for generously contributing to our special events, enhancing our holiday festivities with homemade love. Thank you, Vicky and the entire family for being a sweet, meaningful, and flavorful part of our PA family!



SAM'S CORNER

FAREWELL TO 2023

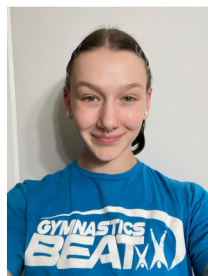
As the year concludes, heartfelt thanks extend to our students, parents, staff, and friends for contributing to another successful year amid the challenges posed by the pandemic. This final newsletter provides updates on new classes, upcoming events, and highlights of ongoing activities. With winter camp approaching, secure early reservations for your kids' daily exercise while parents prepare for the holiday rush.

The popularity of our Monday night 'Adult Class' has led to the introduction of a 'Calisthenics Only' class on Saturday nights, catering to individuals aged 16 and over, including adults. Look out for more details in January or contact our front desk. I wish everyone a Merry Christmas and a joyful holiday season!

STAFF OF THE MONTH

MADDIE WHITEHEAD

Congratulations to Maddie, our Staff of the Month! With over three years of coaching experience, Maddie, a former Pyramid Athletic team member, brings passion and expertise to Gymnastics Beat. Starting gymnastics at 5, she joined us in March, now delighting in teaching the joy and skills she learned here to the next generation. Outside the gym, Maddie enjoys plants and cats, adding a touch of greenery and feline charm to her hobbies. Cheers to Maddie for her dedication and positive impact on our gymnasts!



- Maddie was on level 8 competing for us in her trio group. Her position was base, where she is performing a back bend.

PA TEAMS SHINE

APPLAUDING PA TEAMS' REMARKABLE SUCCESS

Hats off to our PA Teams for their outstanding performance at recent competitions! PA Elite Teams secured three First Place Champion Titles, two Second Place Titles, a Judges Choice Award, a US Finals Gold Bid Gold ticket, and a Summit Bid to Orlando, Florida. Meanwhile, PA Novice & Prep Teams excelled at the ACP Holiday Showdown, bringing home two First Place Champion Titles, a Second Place Title, Prep Grand Champion High Point Title, and a US Finals Golden Ticket Bid. Applause to our athletes for their remarkable achievements!





(Nikki and Alex on the rock wall)
(Alex doing a handstand on the parallel bar below)



(Group pictures of our Calisthenics Class and Adult Class members above)



ELEVATE YOUR FITNESS

NEW CALISTHENICS CLASS IN JANUARY!

Embark on a thrilling fitness journey with our new Calisthenics Class launching in January! This specialized class, tailored for ages 16 and above, offers a unique and invigorating workout experience for both teens and adults. Guided by Alex, our esteemed director and seasoned calisthenics professional, this class promises to push your physical limits. With Bobby, our Ninja Program director, providing active support and expertise, it ensures a well-rounded fitness experience. Calisthenics, a form of bodyweight training, focuses on mastering movements that enhance strength, flexibility, and endurance.

We invite fitness enthusiasts to join us soon on this elevated fitness journey with Gym Beat! Stay tuned for updates as we reveal more details and share glimpses of the fun, strength-building, and limitless potential that awaits you in our Calisthenics Class at Gymnastics Beat! Explore captivating images capturing the essence of this class, including a group picture showcasing our members, Nikki and Alex enjoying the rock wall, and another featuring Alex's impressive handstand on the parallel bar below.