

NEWSLETTER



Queens – 13th Place



Cleopatra – 11th Place

Pyramid Athletics: Summit Champions!

PA has made history at The D2 Summit, one of the world's largest and most prestigious cheerleading competitions featuring over 1,500 teams! We're thrilled to announce that our PA team earned more medals than any other cheer gym in attendance, making us the most decorated program of the entire 2025 D2 Summit. Our incredible teams delivered outstanding performances - Cobras, Jr. Lotus, and Jr. Pharaohs all brought home GOLD CHAMPION titles, while RA secured SILVER CHAMPION honors, and Cleopatra and Queens also represented our program with strong performances in the top ranks. This unprecedented success represents countless hours of training, teamwork, and determination from every member of our PA family. A heartfelt congratulations to all our athletes, coaches, and families who contributed to this accomplishment!

Cobras
Gold ChampionsJr. Lotus
Gold ChampionsRA
Silver ChampionsJr. Pharaohs
Gold Champions

Beat the Heat: Summer Camp Fun Ahead!

Summer is just around the corner, and we're excited to announce our Summer Camp running from June 13 to August 15! This action-packed program offers children a perfect blend of fun, fitness, and friendship in a structured environment designed to maximize enjoyment while promoting physical development.

Each day features a variety of engaging activities including gymnastics, water play, obstacle courses, exciting games, and arts & crafts. Children can develop new skills while making friends in our safe, supportive environment. Our experienced coaches ensure that every child receives individual attention while fostering a sense of teamwork and community.

Summer camp is a wonderful opportunity for children to stay active, build confidence, and make lasting memories during the school break. With themed weeks and special events planned throughout the summer, no two days are exactly alike! Spaces fill quickly, so register today by scanning the QR code, visiting our website, or calling our front desk at (559) 271-9400!

CAMP HIGHLIGHTS:

- **Ages: 3 (potty trained) to 12**
- **Half Day Options: 8:30AM-12:00PM (\$35) or 1:00PM-4:30PM (\$35)**
- **Full Day: 8:30AM-4:30PM (\$50)**
- **Early drop-off/Late pick-up available**

SPECIAL OFFERS:

- **Buy 4 Days, Get 1 Free!**
- **Sibling discounts available**
- **Register by phone for special deals**



SCAN ME!



Sam's Spot: Pedaling Into Spring

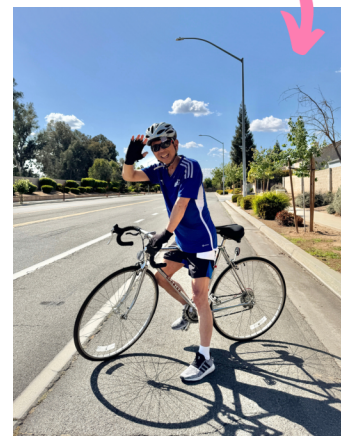
It's that time of season to dust off your bikes and go go go! That's what I've been doing lately, while the weather and temperature are in our favor.

Gymnastics isn't the only sport I love. In my spare time, I enjoy riding my Schwinn 'Voyageur 11.8' - a classic bike with a smooth ride and lightweight aluminum frame handed down from my late father-in-law's collection. These bikes were quite popular in the late 70's through the 80's for their innovative design and performance. I cherish these rides not just for the exercise, but for the connection I feel to family history with each pedal stroke on this treasured bike.

After a nice ride, I find it refreshing to stretch at my neighborhood park using the playground equipment. During school hours, it's wonderfully quiet and meditative! As you can see in the photos, our beautiful neighborhood offers perfect cycling routes with scenic views and ideal riding conditions.

So, get your bikes out and enjoy a ride before the summer heat hits us hard! Happy Riding!

Sam riding his classic Schwinn Voyageur bike in his neighborhood on a beautiful spring day!



NGA Team Triumphs: From States to Regionals!

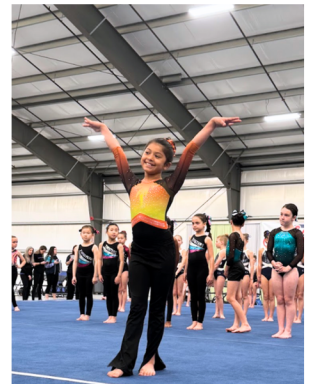
Our NGA team has completed an incredible competition season, showcasing determination and skill at both State and Regional levels! At the NGA States meet in Tulare, our athletes faced tough competition from across California. Despite the intimidating environment, every single one of our Bronze and Silver level gymnasts qualified for Regionals – a remarkable achievement!

States Highlights: Our Bronze athletes shined with Amelia Reyna earning a personal record on Vault (8.95) and Kylee Bennion placing 4th on Vault while achieving a PR on Bars (9.4). In the Silver division, Amarrah Henderson secured 4th on Vault and 8th All-Around with a PR score of 37.025. Additional outstanding performances came from Danica Yang (PR on Bars with 9.65, 5th AA), Mikayla Klepac (PR on Beam with 9.4, tied for 4th on Beam), Raevyn Maslowski (PR on Beam with 9.15), and Valerie Vidales (6th AA, PR on Bars with 9.5, PR AA score of 37.175, tied 6th for Vault).

Western Regionals: Three determined athletes – Kylee Bennion, Mikayla Klepac, and Valerie Vidales, along with Coach Jill traveled to Pleasanton for their first-ever Western Regionals meet, competing against gymnasts from Nevada, Utah, and Arizona!

Valerie overcame nerves to achieve a PR on Beam and place 5th, while ranking an impressive 15th out of 50+ athletes on Vault (9.325). Her All-Around score of 36.525 earned her 9th place. Kylee bounced back from a challenging start to secure a new PR on Beam (9.425), placing 8th. She also tied for 7th on Bars and achieved a PR All-Around score of 36.725.

Perhaps most remarkable was Mikayla's performance, earning PRs on both Vault (9.325) and All-Around (36.85). Her Vault score secured 2nd place – an extraordinary achievement at Regionals! She also placed 7th on Beam and 8th All-Around in her session, ranking 26th among 53 competitors.



NGA Showcase Success: Thank you to everyone who joined us for our NGA Showcase on May 10th! Our gymnasts brilliantly demonstrated their skills to supportive families and friends. From competition teams to recreational groups, acrobatics classes, and adult performers, everyone brought their best to create an atmosphere of accomplishment. Special thanks to our vendors and dedicated coaches for making this event possible. We hope you enjoyed this celebration of talent as much as we did!

Congratulations to all our NGA athletes on their dedication and achievements throughout this season! Gymnastics Beat family is incredibly proud of each and every one of you!

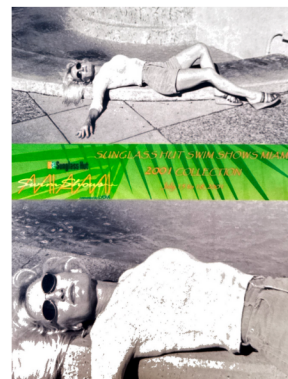


Meet Our Ambassador: Jeannie Smith's Boundary- Breaking Athletic Career

At nearly 70 years old, our Gymnastics Beat "Ambassador" Jeannie Smith has lived a life defined by her strong personal faith, raising her 2 sons and being a Nana to 8 grandchildren. Her passion has flourished in all her physical achievements. During our conversation, she shared more about her remarkable journey from competing in gymnastics at San Jose State University to championship bodybuilding. Her bodybuilding career began after a shoulder injury led her to Bob's Athletic Club in Fremont, where she met Ed Corney, the legendary bodybuilder who trained Arnold Schwarzenegger. Ed took Jeannie under his wing, teaching her the art of posing and creating routines that launched her competitive career.

As a beginner, Jeannie spent about six months developing a sense for bodybuilding before Ed created a 90-second routine for her. Her hard work and consistent dedication paid off - in her first competitive period (1991-1993), she won impressive titles including Ms. California and Ms. America Lightweight ABA/INBA in 1993, along with numerous Best Poser awards. What made Jeannie's performances special was how she incorporated gymnastics elements into her routines. The photo from the Athena Classic captures this perfectly, Jeannie executing a backflip during her performance! While judges sometimes preferred traditional routines, we love these creative expressions of her athletic versatility.

After her initial success, Jeannie took more than 10 years away from competitive bodybuilding before making an impressive comeback in 2007. She reached even greater heights, earning titles with Western USA Grand Masters ABA/INBA and competing as part of Team USA. She achieved the prestigious status of competing in the 2007-2008 International Natural Bodybuilding Association (INBA) Olympia in Thessaloniki, Greece. Her success opened doors to film and print commercial opportunities, including advertisements for Sunglass Hut's 2007 Collection and gym club advertisements. Beyond bodybuilding, Jeannie has pursued numerous athletic endeavors - from snow skiing and scuba diving to her current interests in swimming and golf. Her professional background includes expertise in sports medicine, physical therapy, and works as an OSHA Authorized Trainer. Her favorite saying captures her philosophy perfectly: "Motion is lotion for your muscles and body."



This May, Jeannie will participate in a 5-mile swimming challenge for the American Cancer Society, with two of our staff members joining her. Stay tuned for more details in next month's newsletter. Today, we're fortunate to have Jeannie as a regular at our Adult Open Gym sessions on Monday and Thursday nights. If you see her there, don't hesitate to say hello! She's always happy to share her knowledge with fellow fitness enthusiasts. Her presence enriches our community, and we're truly grateful to have such an accomplished athlete as our Ambassador!

