

Gymnastics Beat

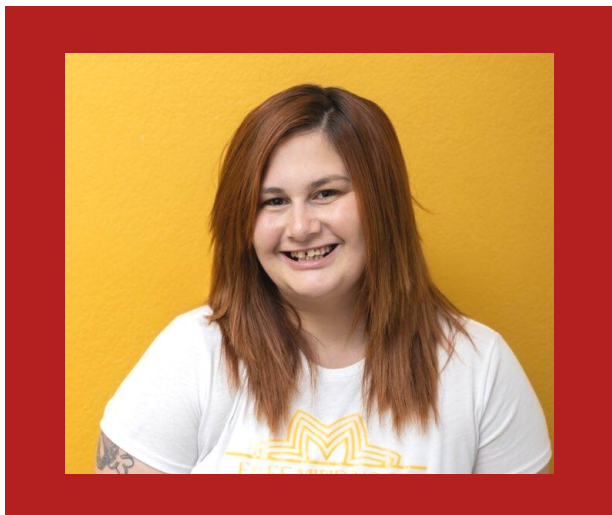
NEWSLETTER

September Edition / Issue #5



BABY YOGA

Experience the magic of Baby Yoga in our new class designed to foster mindful movement, connection, and bonding. Join us for a shared journey of wellness, where you'll delight in tender motions, joyful methods, and playful moments that bring you and your little one closer. Through yoga poses, soothing breath exercises, and lively songs, you'll strengthen your bonds, improve communication, and enhance overall well-being for both you and your baby. This class isn't just about fun; it's a transformative experience that fosters bonding, enhances communication, develops motor skills, encourages exploration, and nurtures well-being. Come join us and embark on this incredible journey of growth and connection with your little one!



CLASS INFORMATION



Intro Class starts on
Tuesday, September 19
9:00 AM - 10:00 AM

Ages: 8 months – 3 years
With Montana Clement
No experience is needed



[Sign Up Now](#)



THE BARK LOUNGE - GROOMING SALON & SPA



Step into The Bark Lounge Grooming Salon & Spa in Sanger, and you'll instantly feel like you've entered a haven that transcends the ordinary pet grooming experience. Here, it's about more than just grooming; it's about creating a vibrant, loving community where pets receive the utmost care, and lifelong friendships blossom.

Diane and Nick Reyna, the heartwarming couple behind this beloved establishment, have transformed their shared passion for pets into a genuine refuge for local pet owners. Nestled in the heart of Sanger, their salon has evolved beyond a business; it's a central gathering place where neighbors come together, and tails can't help but wag with joy.

This new season, we're thrilled to announce that Diane and Nick have recently joined our PA cheer group and are now valued members of our gym customer community. As The Bark Lounge joyfully commemorates two wonderful years of serving Sanger's furry residents, Diane and Nick are brimming with excitement to share this milestone with everyone who has been part of their incredible journey. The recent anniversary event was a resounding success, drawing not only delighted pet owners but also the esteemed presence of the mayor. The air was filled with the sizzle of grilled hotdogs, echoing laughter, and the pure delight of furry companions reveling in the festivities.


But this anniversary celebration is more than just a party; it's a heartfelt thank-you to the community that has embraced The Bark Lounge so warmly. Diane and Nick deeply appreciate the support they've received from Sanger, and they're expressing their gratitude with enticing raffle prizes and special pet treats.

Come be a part of the festivities, and let us celebrate two amazing years at The Bark Lounge Grooming Salon & Spa, where every wagging tail symbolizes the happiness they bring not only to our pets but also to the humans who cherish them!



LEARN MORE & FOLLOW



 293 Academy Ave,
Sanger, CA

 (559) 875-5877



SAM'S SPOT - TOGETHER THROUGH THICK & THIN

As summer comes to a close, and we find ourselves with just four months left in this remarkable year, I want to take a moment to extend my heartfelt congratulations to our gym and our entire staff for an incredible 20 years of dedicated service to our beloved community. It's astonishing to reflect on how this journey began as a mere dream in 2003, with just seven dedicated employees. Today, we stand tall with a team of over 35 incredible individuals, a diverse array of classes, numerous national championships, and a devoted following that includes not only our own families but also their children.

So, throughout this year, I want to express my profound gratitude to each and every one of you who has contributed to our success.

Speaking of milestones, I'd like to give a special shout-out to my wife, Diana, who has been my rock through thick and thin. She stood by my side during several recessions, the whirlwind relocation of our gym in 2016, and, of course, the challenges posed by the 2020 pandemic. With every hurdle we've faced together, I am reminded that the best is yet to come.

This September, we mark our 28th anniversary, and to celebrate, I've included an article from the Fresno Bee that captured our journey 28 years ago. It's a delightful trip down memory lane, and we can't help but share a hearty chuckle as we reminisce about how far we've come.

Once again, I want to express my gratitude for your dedication and support. Cheers to the next chapter in our journey and countless more thrilling adventures on the horizon!

FITNESS PROFILE: SAMUEL AND DIANA SHIMA

By Guy Keeler
The Fresno Bee

Ages: Hers: 33. His: 38.

Home: Fresno

Height: Hers: 5 feet 4 inches. His: 5 feet 7 inches.

Weight: Hers: 115 pounds. His: 142 pounds.

Occupation: Hers: Research and development specialist for Abbott Laboratories. His: Executive director of Rotary Playland in Roeding Park.

Fitness specialties: Running, weight lifting and gymnastics.

Motivation for staying fit: Hers: Stress management. His: Good health.

Exercise routine: We go jogging in the neighborhood (2-3 miles) or work out on the treadmill if it's dark or rainy. Then we do some stretching, weight lifting and do a little bit of gymnastics. We work out together four days a week.

Fitness background: Hers: I was a gymnast all through grade school. Then I got into running. His: I started gymnastics in high school. While I was in college, I taught gymnastics for the Seattle Parks and Recreation Department.

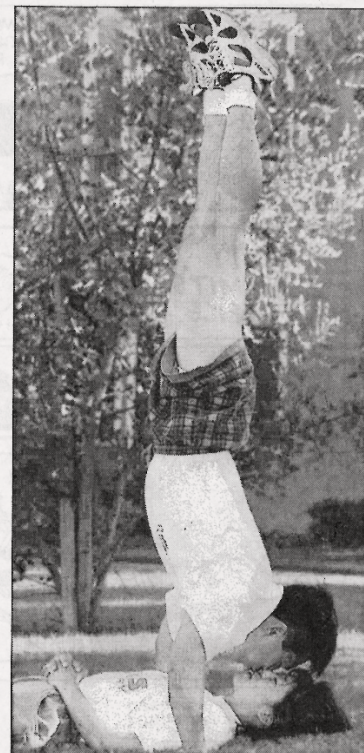
How we got interested in gymnastics: Her: A friend had a trampoline, and I liked playing on it. Him: I took gymnastics in high school and stuck with it.

Current fitness goals: Hers: I'd like to get back the flexibility I've lost. When I was a kid, they used to call me the rubber-band girl. His: To keep up my handstand ability until I'm too old to do it.

How being fit helps me in other areas: Her: I've always worked in male-dominated fields. Having physical strength has allowed me to perform well. Him: I take the philosophy of being an all-around gymnast and apply it to life. If you spread yourself and maintain good flexibility and strength, your life will stay in balance.

Most memorable fitness experience: Hers: I ran in a benefit for hunger in Washington. I did 8 miles in an hour. His: When I won a gold medal in the parallel bars at the Senior Olympics 10 years ago.

Advice for others who want to get in shape: Hers: If you're young, keep at it while you have it. For older people, remember: It's never too late to start. Once exercise becomes a habit, it isn't a chore. His: Enjoy the sport you're interested in and continue with it as long as you can.



Mary A. Lommori — The Fresno Bee

Head over heels. Samuel and Diana Shima share a kiss — and a workout regimen.

One fitness activity I'd like to try someday: Her: Windsurfing. Him: A triathlon.

"Fitness Profile" appears on Tuesdays. If you know an individual who would be a good subject for this feature, send his or her name to: "Fitness Profile," Feature Department, The Fresno Bee, Fresno, CA 93786 or telephone 441-6383.

STAFF OF THE MONTH: RAE-LYNN

We proudly recognize Rae-Lynn as our September Staff of the Month. Her impressive teaching skills, exceptional organization, and distinctive perspective on gymnastics make her stand out. Rae-Lynn's focus on strength and agility sets her classes apart, and her passion shines through in every one of her sessions! Congratulations to Rae-Lynn on this honor!



MEET OUR SEPTEMBER WINNER!



Congratulations to Bella, our winner this month! She's proudly showcasing her Gymnastics Beat T-shirt at the San Jose Convention Center for the national gymnastics championships held in August, and it's landed her a fantastic \$50 reward on her account!

But that's not all! We are thrilled to congratulate our August winner, Violet! She participated in our summer banner giveaway, capturing a wonderful moment with our banner and sharing it with us. She has earned a fantastic prize of \$30 on her account. We appreciate all our customers who joined in the fun during this past summer season, and we hope you had a fantastic time!

For all our wonderful customers, here's your chance to win too! Wear any GymBeat shirt outside of Fresno to be our next \$50 winner! Share your Gymnastics Beat pride with the world, and you might be our next lucky recipient! Good luck!




Frank Fluharty
 559-862-5615
 FresnoFamousFranks@gmail.com
 www.FresnoFamousFranks.com
All Beef Hot Dogs



THE BARK LOUNGE
 GROOMING SALON & SPA

293 Academy Ave.
 Sanger Ca, 93657
 559-875-5877

check us out on
 Facebook and
 Instagram

GYMBEAT NEWSLETTER ADVERTISING OPPORTUNITY !

An exclusive opportunity awaits you to showcase your business in our monthly newsletter! We provide a variety of dynamic advertising options to elevate your business within the Gymnastics Beat community, whether you're already a part of our family or an external business looking to connect. Simply contact us and complete a form to share your business details and let us help you shine!