



NEWSLETTER



Read Sabrina's Full Story

Read the complete Business Journal article about Sabrina's journey from Orangetheory sales associate to studio owner, and how she's bringing this innovative fitness experience to Visalia.



Building Community: Local Business Features

We're excited to share that one of our own gym families is opening a new fitness venture! Sabrina Pendergast, whose daughter Tesla has attended camps at Gymnastics Beat for the past three years, is bringing Orangetheory Fitness to Visalia this October. Sabrina's fitness journey began with gymnastics at age five in North Idaho, competing until she was thirteen before moving on to track & field and volleyball. After relocating to Fresno in 2016, she discovered Orangetheory Fitness and has since overseen six locations across California and Arizona over the past nine years. Now, she's opening her first personal business venture in Visalia, featuring state-of-the-art equipment and coach-led, heart-rate based interval training designed for all fitness levels. The studio is now open, call 559-286-0747 to learn more about membership options and get started! We're proud to support our gym families in their fitness endeavors.

Do you own a business or have an inspiring story to tell?

We'd love to feature you in our newsletter! We believe in supporting our community and are offering free advertising space to local businesses with connections to our gym family. Contact info@gymnasticsbeat to share your story!

Sam's Spot: Celebrating September Milestones!

It's that special time of year again, but with more surprises! First off, my 30th anniversary with my wife Diana is a milestone indeed! Both of our parents made it to their 50th, so I'm hopeful we get another 20 years or more and beat their record. See how competitive we are! Oh that's right, we represent a gym and hundreds of athletes, we're supposed to be competitive!

Here's another congratulations to our 'Ambassador' Jeannie Smith, who just turned 70 in September! She certainly loves our gym and fun atmosphere. Please come by our adult workout nights and meet Jeannie, you'll be impressed with her background in competitive NCAA gymnastics and multiple championships in bodybuilding after her college days!

A special shout out goes to our outstanding coach Daryl, who also celebrated his 40th birthday! He's been with our gym for 5 years now and just completed his certification in massage therapy. Congrats to you, Daryl!! If any parents are interested in massage therapy services, feel free to reach out.

Last but not least, a special award was just given to our PA team, directors, coaches, and the three teams that won their first place championships at the Summit this past season! Councilman Mike Karbassi from District 2 represented the City of Fresno's proclamation awards given to our highly decorated cheer teams. This is a 'first' for us to receive such an honor from the City, and I wish to personally express my thanks and a final congratulations to our PA cheer teams!

Everyone mentioned in Sam's Spot makes our gym, our staff, and coaches so proud to be part of a very special September. Let's keep it up!



Turkey Camp: Now Open for Registration!

Turkey Camp is back November 24-26! Registration is now open, so don't wait to secure your child's spot for this popular holiday camp.

Throughout the school year, we'll also offer special day camps when schools are closed, providing a full day of gymnastics, games, and fun with friends in a safe environment.

Register now by scanning the QR code, visiting the front desk, or calling us at (559) 271-9400 to enroll. See you all at Turkey Camp!

Registrar Here





Strength in Action: Core Strength and Flexibility Training

Strength, flexibility, and fitness are on full display at Gymnastics Beat! Recently, we've seen inspiring demonstrations from both our experienced athletes and talented coaches that showcase the progression of skills across all levels.

Our 68½-year-old gym owner Sam and 70-year-young Ambassador Jeannie recently engaged in a friendly L-sit competition on the parallel bars. The L-sit requires exceptional core strength and shoulder stability, holding your body weight while extending your legs straight out. Their friendly rivalry embodies the competitive spirit we encourage in all our athletes.

Meanwhile, Coach Alex, one of our talented acrobatics instructors, demonstrated two fundamental exercises that showcase skill progression. Her wall-assisted I-sit builds the core strength and body awareness essential for more advanced moves. Alex also demonstrated a perfect pike stretch (seated toe touch), highlighting the hamstring and lower back flexibility essential for gymnastics and acrobatics.

Alex brings extensive expertise to our Saturday acrobatics class, where she works alongside coaches Daryl and Lizzy to help students ages 6 and up develop these skills. Tuesday's class is led by coaches Daryl and Lizzy. Currently pursuing Pilates training to further enhance her teaching abilities, Alex offers both group classes and private sessions for those seeking personalized instruction. Her dedication to continuous learning and her natural talent make her an invaluable part of our coaching team.

From our youngest students learning basic flexibility to our adult members challenging each other on parallel bars, every level at Gymnastics Beat proves that physical achievement is possible for everyone. Whether you're interested in group acrobatics classes or private training with Alex, our gym offers the perfect environment to build strength and improve flexibility. Come see our community in action!



Gym Closure: Closed on October 31st

In celebration of Halloween, we will be closed on **Friday, October 31st** so everyone can enjoy trick-or-treating! We'll **reopen with our regular schedule on the next day, November 1st**. Have a safe and spooky Halloween!





NINJA NIGHT

CALLING ALL NINJAS!

SATURDAY, OCTOBER 11TH @ 5 - 8 PM

ADMISSION: \$40 ONLY!

EVENT INFO

- WHO: OPEN TO ALL STUDENTS (NEW & CURRENT)
- GYMNASTICS / PARKOUR / MARTIAL ARTS / GAMES & PIZZA!
- WHAT TO BRING: COMFORTABLE CLOTHES + WATER BOTTLE
- BONUS: STOP BY OUR NINJA BOOTH DURING THE EVENT FOR SPECIAL UNIFORM DEALS!

SIGN UP NOW!

(559) 271-9400
4589 W JACQUELYN AVE.
FRESNO, CA 93722

NINJAZONE

GYMNASTICS BEAT

Ninja Night Out: Join the Action and Get a First Look at What's New!

Get ready for an exciting evening with us! We're inviting all current and future Ninjas to Ninja Night Out on Saturday, October 11, from 5:00 to 8:00 PM, a special drop-off event packed with obstacle courses, tumbling, martial arts-inspired movement, games, coach-led challenges, and of course, pizza! This event is open to both current students and new guests, so bring a friend and come ready for action.

Ninja Night also marks the official relaunch of our NinjaZone program, now featuring a clearer advancement system that helps students stay motivated, track progress, and celebrate every milestone. With this relaunch, uniforms will begin playing a bigger role in helping Ninjas build discipline, confidence, and team spirit in every class.

Families attending Ninja Night will get first access to our brand-new Lil Ninja Packet for just \$25. It includes a Lil Ninja shirt, headband, sticker chart, and a "Top Secret Mission" activity sheet. This gear will be required for Lil Ninjas starting next month, and the event is the best time to grab it before prices increase.

We'll also have Regular Ninja gear available — Level shirts (\$20) and headbands (\$10) — for students ready to represent their level and grow their Ninja mindset. These items aren't required just yet but are encouraged as we move into the updated program.

Whether your child is a returning student or brand-new to NinjaZone, this is a great way to experience the energy, focus, and fun that makes the program so special. We can't wait to see the gym filled with Ninjas ready to kick off this exciting new chapter together!

SCAN ME !



 **Saturday, October 11th**

 **5:00-8:00 PM**

\$40 per student (pizza + drinks)

 **Scan QR Code to register**

Let's celebrate the next chapter of NinjaZone together!

