



NEWSLETTER



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• Sam's Corner: Programs in Bloom

New Acrobatics classes on Tuesdays and Jazz Dance on Saturdays are already filling up fast! In fact, by the time this newsletter reaches you, our dance class may be at capacity, and we're already considering adding a second class based on the amazing response. The enthusiasm we're seeing for these new programs is incredible!

Your feedback drives our growth, and we're listening! We're excited to announce new tumbling classes specifically designed for cheer starting soon. Our open gyms continue to gain popularity, offering something for everyone, from parent and me sessions, and pre-k playtime, all the way to our adult workout nights! It's wonderful to see our gym bustling with energy and activity throughout the week.

Whether you're interested in our newest programs or our classic offerings, we're here to help you find the perfect fit for your family. Have questions or want to learn more? Stop by and chat with our office manager Dianna or customer service manager Leo at the front desk. Keep moving!



School's Out: Join Us for Presidents' Day Camp!

Our Lincoln's Birthday Camp was a hit with lots of smiles, flips, and fun! If you missed out on the excitement, don't worry, there's another opportunity to join the adventure! With school also out for Presidents' Day on **Monday, February 17th**, we're ready for another day of amazing activities and memories.

Get ready for an action-packed day filled with gymnastics, obstacle courses, historical games, arts and crafts, and more! Whether your child joins us for a half-day or full-day, they'll enjoy a perfect blend of physical activity and creative fun. **Early drop-off and late pick-up options are available for your convenience.**

Don't miss out on the fun! Let your kids burn energy, make new friends, and have fun in our safe and energetic environment. Our team is ready to make this camp special!

Ready to join the fun?



Scan the QR code or call our front desk to learn about current and upcoming camps.



Happy Birthday, Leo!



A Birthday Celebration!

Join us in celebrating our amazing Customer Service Manager Leo's birthday! We're marking this special day with balloons, delicious tres leches cake, and plenty of warm wishes. Leo's dedication to our gymnastics family and welcoming smile make our gym a brighter place every day.

Special Event: Valentine's Day Parents' Night Out

Looking for the perfect Valentine's plans? Join us for our special Parents' Night Out event on **Friday, February 14th, from 6 to 10 PM!** We're transforming our gym into a Valentine's adventure zone filled with fun and excitement. Your children will enjoy gymnastics activities, obstacle courses, games, and Valentine's arts and crafts, all supervised by our experienced staff in a safe, fun-filled environment.

Early sign-up rate is \$35, and the drop-in rate is \$40, with sibling discounts available. Space is limited, so don't miss out!



Valentine's Parent's Night Out

Friday, February 14th
6:00 - 10:00 PM

\$35 (Sign-up) or \$40 (Drop-in)
Gymnastics, Obstacle courses, Exciting Games, Arts and Crafts, and more!

Scan me & Book Now!
*Ages 3 (and potty trained) and up
*Sibling discount available

(559) 271-9400 Gymnasticsbeat.com

Sam's Morning Boost: Wellness Through Juicing

Happy February, everyone! As spring approaches, I've been thinking about those New Year's resolutions. For me, every morning starts on a positive note with either ceremonial matcha-green tea, brown rice green tea, a freshly ground cup of coffee, or my personal favorite—fresh juice!

When I say fresh, I mean truly fresh—made right in my own kitchen. One of my most beloved combinations is a simple but powerful blend of carrots, apples, and celery. This isn't just a trendy drink; it's a time-tested combination I've enjoyed for most of my life! The natural vitamins and nutrients from this trio create something truly special that you can taste and feel.

If you typically reach for store-bought juices, I encourage you to try making your own blend at home. The difference in taste and how you feel is remarkable! This carrot-apple-celery combination has been part of my daily, monthly, and yearly commitment to better mind, body, and health, something we all need, right?

Want to learn more? Click the link below to discover why this simple juice combination has become a wellness favorite for so many, including myself!



Keep up with your goals, stick to those resolutions, and keep moving! Here's to a healthy 2025!

Personal Bests & Spectacular Performances: NGA Team's Success Story

What an incredible competition for our NGA gymnastics team! Coaches and team had a fantastic time watching our athletes shine, including our Level 1s who brought smiles to everyone's faces. The evening was filled with personal bests, outstanding performances, and heartwarming team spirit. Every level performed beautifully, with our Silver team bringing home a first-place team award despite being the smaller group in their division, a testament to their hard work and dedication!

Level 1 Division Highlights:

- Paris Hall: 1st All-Around (35.8), including 1st on Vault (9.375) and tied for 1st on Beam (9.0)
- Adalynn Amos: 2nd All-Around, with impressive scores on Bars (9.275) and Floor (8.75)
- Kiziah Palacio: 3rd All-Around
- Liberty Ellis: 4th All-Around, tied for 1st on Beam (9.0)

Bronze Division Achievements:

- Kylee Bennion: Personal records on ALL events! 1st All-Around (36.3), including 1st on Vault (9.225) and Bars (9.225)
- Amelia Reyna: 2nd All-Around (35.975), with a personal best on Beam (9.425)

Silver Division Standouts:

- Danica Yang: 1st All-Around (36.975), with personal bests on Vault (9.3) and Beam (9.475)
- Amarrah Henderson: 2nd All-Around (36.775), including a personal best on Bars (9.525)
- Raevyn Maslowski: Outstanding Bars performance with 9.55
- Valerie Vidales: 3rd All-Around (36.075), securing 1st on Floor
- Mikayla Klepac: Personal best on Bars (9.5)

The team wrapped up their successful evening with a celebratory dinner at Olive Garden, sharing laughs, stories, and making memories together. The dedication, sportsmanship, and team spirit shown by our athletes truly exemplify what Gymnastics Beat is all about. We couldn't be prouder of each and every one of our gymnasts. Here's to many more achievements to come!



• Competition Update: PA American Masterpiece Success

Our PA Elite Teams delivered an extraordinary performance at The American Masterpiece in San Jose, bringing home an impressive collection of awards that showcase their exceptional talent and dedication! The energy and determination displayed by our athletes throughout the competition was truly inspiring.

The weekend's remarkable achievements include five First Place Champion Titles, demonstrating our teams' excellence across multiple divisions. Our athletes' technical precision and overall performance caught the judges' attention, earning us two prestigious Judges Choice Awards, one for Amazing All-Around and another for Extraordinary Execution. These special recognitions highlight the incredible attention to detail and commitment to excellence that our teams bring to every performance.

Adding to these accomplishments, our teams secured a coveted US Finals Golden Ticket Bid and achieved the Highest Score of the Competition! These achievements reflect the incredible hard work, dedication, and team spirit that define PA Elite. Each athlete contributed to this success, showing what can be achieved through determination and teamwork.

As we celebrate these outstanding results, we're even more excited about what lies ahead. The passion and determination shown by our athletes promise an exciting season ahead. With such a strong start, there's no doubt our teams will continue to raise the bar and reach new heights. Congratulations to all our teams on these remarkable achievements! Here's to many more victories to come!



Minis Sphinx



Jr. Lotus



Jr. Pharaohs



Jr. Cobras



Sr. Queens