

# Newsletter

Gymnastics Beat - August Edition



## FROM MEMORIES TO MILESTONES

By Sam Shima

Looking back at that moment in 2017 when GymBeat faced the need to relocate due to the high-speed rail project, we couldn't help but feel a mix of nostalgia and anticipation. Saying goodbye to our old building along Golden State Blvd was a heartfelt moment, as it held so many cherished memories and marked the start of our incredible journey. However, with excitement and determination, my wife Diana and I eagerly embraced the prospect of our new Jacquelyn location, ready to create even more remarkable experiences for our community.

The grand opening of our new facility remains etched in our hearts and captured forever in the photo from six years ago, where Diana and I proudly stood together, cutting the symbolic ribbon. The event was a celebration of progress and growth, with several familiar faces who played pivotal roles in GymBeat's success joining us. Present at the event were Anika, our former Operations Manager, as well as Claudia and Stephanie, our new PA owner and current Operations Director. We were also honored by the presence of the former Fresno mayor, Lee Brand, who recognized the positive impact GymBeat has had on the community over the years.

Although we fondly reminisce about the countless happy memories created at our old location, we wholeheartedly embrace the new and exciting opportunities unfolding at our current home. We are profoundly grateful to the Central Valley for standing by us and celebrating two decades of gymnastics, cheer, and Ninja Zone. Your unwavering support has been the cornerstone of our success, and we are thrilled to continue providing top-notch experiences for many more years to come. Thank you for being a part of the GymBeat family!

## Newsletter Highlights

From Memories to Milestone

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Baby Yoga  
Victory Day

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Staff of The Month  
Sam's Corner  
Movie Night Open Gym

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Giveaway Winner  
Happy Birthday  
New Class/Schedule

## Contact Us

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Montana Clement - Certified yoga instructor & owner of Free Mind Yoga

## BABY YOGA

### Nurturing Bond and Wellness Together

Mark your calendar for a truly remarkable event on September 19th – an event that promises to be a heartwarming journey right within the inviting walls of Gymnastics Beat! We are absolutely thrilled to introduce our newest addition: the Baby Yoga class. This exciting offering is tailor-made for parents and their cherished infants or toddlers. In the cozy and vibrant atmosphere of Gymnastics Beat, you'll have the opportunity to immerse yourself in a world of gentle movements, engaging techniques, and interactive activities, all about nurturing and strengthening the profound bond between you and your little one.

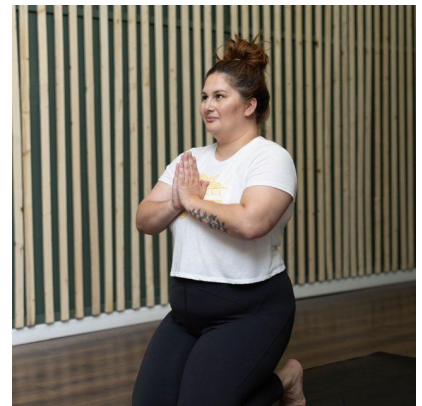
Drawing directly from the rich insights of the article titled 'Baby and Me Yoga,' our Baby Yoga sessions extend beyond the boundaries of mere physical practice. This trial class has been thoughtfully designed to create

a holistic experience that nurtures communication, self-awareness, and overall well-being for both the caregiver and the child. In perfect harmony with the article's focus on the benefits of baby yoga, this class offers a perfect blend of yoga poses, calming breath exercises, and delightful, joy-filled songs. It promises to be a transformative journey—an opportunity to cultivate deep connection and growth while embracing the nurturing power of touch and movement.

Experience the magic firsthand as your child gleefully explores their body, hones essential motor skills, and together, you both weave a tapestry of cherished shared moments. We're pleased to welcome participants of all levels – whether you're a seasoned yogi with years of experience or an enthusiastic newcomer seeking a meaningful bonding activity. All you need to bring to the mat is an open mind, a heart brimming with love, and your little one by your side. So come join us in the warm and inviting embrace of Gymnastics Beat, where the alchemy of movement and connection truly flourishes. It's an experience you won't want to miss!



Scan QR code for the full article



## Victory Day is Coming

Get ready for Victory Days at Gymnastics Beat! This exciting event allows our recreational gymnasts, tumblers, and ninjas to showcase their amazing skills in a meet setting without the pressure of competition. It's a perfect opportunity for kids to shine, have fun, and receive applause for their fantastic achievements. To participate, sign up online or at our front desk for just \$35.00 per athlete. And don't miss our special O

Open Gym practice on Saturday, August 19th, exclusively for Victory Day participants. This practice will help them look their absolute best on the event day!

Join us on these dates:

- **Gymnastics: Saturday, August 26th**
- **Ninja: Saturday, September 2nd**
- **Tumbling: Saturday, September 2nd**



## STAFF OF THE MONTH

Taylor Murray



Congratulations to Taylor Murray, our dedicated Employee of the Month at Gymnastics Beat! Her love for gymnastics began during summer camps in sixth grade, and she has since excelled as a Level 6 gymnast on our Competitive Team. Despite facing setbacks, she pursued nursing and pole vaulting while embracing her passion for fitness through Pilates. As a gymnastics and tumbling coach, Taylor's expertise and enthusiasm inspire us all. We're proud of her commitment to personal growth, including her journey to become a certified Pilates instructor at Blue Moon Yoga. Well done, Taylor!

## SAM'S CORNER

By Sam Shima



Summer camp and family vacations are now coming to an end for the season, and we're gearing up for a new academic year and a range of exciting after-school activities! In the most recent Costco monthly magazine, there was a wonderful article titled "Move It to Use It!" written by Deborah Molchan, a psychologist well-versed in the positive impact of activities on children's mental health. However, it's common sense that, since the pandemic and the subsequent years, our kids need to be more active than ever before. Physical activity holds immense importance for all kids, and I cannot stress enough what I learned as a child: to love a sport, explore new activities, engage in group play with other kids, or simply enjoy dancing in your living room. Remember, starting young and embracing the concept of "Move It to Use It!" will benefit them greatly in their adult lives. I, for one, truly believe this, which is why they refer to me as the 'oldest active gymnast' in the Central Valley at the age of 66.



Coach Ethan (26) and Sam (66) enjoy working out during Monday's Adult Class night



Scan QR code for the full article



## Movie Night Open Gym

Join us on Saturday, August 19th, for an enchanting evening of excitement for kids and relaxation for parents at our Movie Night Open Gym! It's the perfect opportunity to treat your children to a thrilling adventure while you enjoy a well-deserved night out. Our gym will be buzzing with laughter and joy as your little ones dive into a world of gymnastics, conquer exciting obstacle courses, and engage in fun-filled

games. And to top it off, they'll savor pizza and a delightful popcorn treat during the movie screening. We've made this night even cozier by encouraging them to bring their favorite pillow or stuffed animal to cuddle up with during the film. And to add to the fun, they can invite their friends along for a memorable experience! Don't miss out on this event, and see you there!



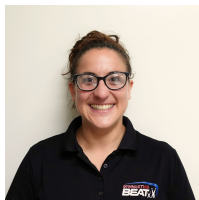
## THEY WON \$30 CREDIT!

### Summer Giveaway Winners



Congratulations to our winners, the Rodriguez family, Marissa, and Ariel! Your enthusiasm for gymnastics and the fantastic pose you struck with our Hello Summer Banner have earned you a well-deserved \$30 credit on your account. We're absolutely thrilled that you've not only joined in on the fun but also shared your passion with us on social media. Thank you for being an integral part of our vibrant community! Let's keep the summer excitement soaring to new heights!

Want to be our next lucky winner? Just strike a pose with our Hello Summer Banner, share it on social media with the hashtag #gymnasticsbeatsummercamp, and email us your post to enter. Each month, we'll select new winners, and it could be you! Don't miss out on this incredible opportunity!



## HAPPY BIRTHDAY TO

### Gymnastics Beat Staff



Wishing a fantastic birthday month to our incredible coaches and staff born in August – Coach Tori Delgadillo, General Manager/Coach Jenn Lenches Marshall, and Coach Tammie Oxford! Your unwavering dedication and boundless passion make Gymnastics Beat shine brighter every day. Thank you all for being essential members of our family! Let's celebrate these remarkable individuals and the positive impact they bring to our gymnastics community!

## New Class & Schedule

As part of our commitment to providing the best possible experience for our athletes, we will be making some changes to our class schedule and offerings. In an effort to enhance the learning environment and ensure a more balanced experience for all our students, we will be optimizing class sizes and making adjustments to certain classes. Additionally,

we're introducing the "Serious Athlete Open Gym" program, providing experienced gymnasts with a dedicated open space to refine their skills under professional supervision. We truly appreciate your continued support and can't wait to share these exciting new experiences with all of you.