



JULY
EDITION

GYMNASTICS BEAT Newsletter

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New Open: Adult Class

A new adult class is in action! Regardless of your skill level, anyone over 18 is welcome to join. The class begins with a comprehensive warm-up led by our coach, incorporating flexibility, strength work, and coordination exercises. Following the warm-up, participants are encouraged to work on skills at their own pace and level, guided by our instructors.

Our class attracts a diverse group of individuals, including former gymnasts who attend regularly, as well as athletes of all ages who are learning the

basics such as rolls and handstands.

Take a break from the demands of daily life and join us for a session of flipping around and pure enjoyment.

You have the option to drop in for a single class at a rate of \$15.00, or you can sign up in advance and pay \$45.00 for the entire month.

GymBeat looks forward to having you join us for a fun-filled and invigorating gymnastics experience in our adult class!



Sam's Corner

By Sam Shima

Celebrate summer at our gym with exciting activities like kids' camp, new cheer fundamentals, and adult workout sessions! Don't miss our special offers; some will end by August 31st, while others will end by the end of the year.

Take a photo in front of our decorated lobby with your family, tag us on social media, and earn a \$30 credit if we use it. Alternatively, wear a GymBeat t-shirt on vacation, share a photo for our newsletter, and earn a \$50 credit.

Join our 20th-anniversary celebration for a chance to win. Embrace the fun, fitness, and community at our gym! There are 5 months left to grab a chance of winning!



Sam's 88 year old mama-in-law - Karen



Our June Winner - Prim



Free Mind Yoga

Sam & Leo

Gymnastics Representatives owner Sam and Manager Leo attended the grand opening of Free Mind Yoga in Sanger. Owned by Montana Clement, this newly established yoga studio has quickly become the area's premier destination for holistic wellness. The event was graced by Mayor Frank Gonzalez, who joined the festivities, showcasing his support. Montana, a new client of GymBeat and Pyramid Cheer, has delighted in the gym and cheer programs offered, as evidenced by her children's enthusiasm. Congratulations to Montana for successfully adding another business to her busy life, showcasing her unwavering dedication and entrepreneurial spirit.

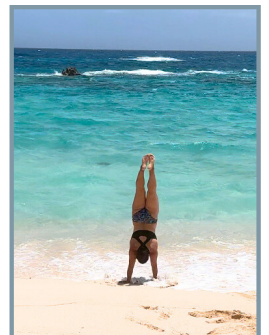
ConGRADulations!

Jennifer & Lindsee

Congratulations to Cheer Coach Lindsee and General Manager Jenn on their recent academic achievements!

Jenn, with her Master's in Social Work focusing on Play Therapy, has utilized her previous degrees in psychology and sociology to enhance our programs at Gymnastics Beat. Her dedication and expertise contribute to making our offerings even better. Similarly, Lindsee has expanded her educational repertoire by obtaining a Master's Degree in School Counseling, building upon her B.A. in Sociology. Her genuine passion for working with children and her commitment to coaching and encouraging their success are truly admirable.

We extend our warmest congratulations to Lindsee and Jenn for their impressive achievements and unwavering commitment to personal and professional growth. Their dedication to providing exceptional experiences in our community is truly commendable. We are grateful to have them as valued members of our team!



Employee of The Month

stefan



Stefan is a dedicated cheer coach with over 12 years of experience. He has gained a huge following and is in high demand for choreography. Known nationally and respected for his work in competitive locations, Stefan has helped Pyramid grow to 125 athletes across nine teams. Cheer Director Claudia is excited to have him lead both new and returning athletes for the upcoming season. Additionally, we applaud Stefan's love and dedication to cheerleading, a sport set to debut in the Olympic Games, potentially as early as the 2028 LA Olympics.

How to drink more water?

Staying hydrated in the summer, particularly during physical activities like gymnastics, is crucial for optimal performance and well-being. According to Children's Health of Orange County (CHOC), children should aim to consume water equivalent to their age in 8-ounce cups, while older kids and teenagers can benefit from around 1/2 ounce of water per pound of body weight.

Recognizing signs of dehydration, such as dry lips, lightheadedness, headaches, and flushed skin, is important. Avoiding sugary drinks and opting for high-water content fruits and vegetables, like watermelon and cucumber, can enhance hydration. Infusing water with fruit or freezing fruit and water in ice cube trays adds a refreshing twist.

Adequate hydration helps regulate body temperature during physical exertion by enabling effective sweating for cooling. Additionally, it supports various bodily functions such as digestion and nutrient transportation. Prioritizing hydration ensures optimal performance, energy levels, and overall health, making it essential during the summer and beyond.



Summer Camp

Experience the thrill of gymnastics this summer! Our gymnasts excel in vault, bars, beam, and floor events. Enjoy water play, crafts, team-building games, obstacle courses, rock climbing, trampoline, and ninja warrior equipment. Don't miss out on our upcoming special events!

Special event coming up!

- July 14th - Furry Friends
- July 21st - Sundae Funday
- July 28th - Tie-dye

