

Winter 2026 Recreational Class Descriptions

Children must meet the class's minimum age requirement prior to the start of the session.

Class Name	Age	Athlete to Coach Ratio	Class Length	Class Description
Parent & Tot	18 Months - 3 Yrs	10:1	45 Minutes	Parents join their child in the gym to help develop balance, strength, and coordination. Apparatus includes bars, rings, pit, trampoline, floor equipment.
Kindergym	3-4 Yrs	5:1	1 Hour	Children will enjoy the experience of movement and fitness while learning the basics of gymnastics. Apparatus includes rings, bars, pit, trampoline, and floor equipment.
Jr. Sampler	5-6 Yrs	6:1	1 Hour	This class will get athletes a taste of the three main disciplines we offer. There will be 15 minutes of warm-up and games, 15 minutes of NinjaZone, 15 minutes of Trampoline and 15 minutes of gymnastics per class. Ages 5 & 6 years old.
Sampler	7+ Yrs	8:1	1 Hour	This class will get athletes a taste of the three main disciplines we offer. There will be 15 minutes of warm-up and games, 15 minutes of NinjaZone, 15 minutes of Trampoline and 15 minutes of gymnastics per class. 7 years of age or more.
Intro to Tumbling	6-7 Yrs	8:1	1 Hour	A fun and energetic introduction to tumbling for young children. Students will learn basic skills such as forward rolls, handstands, bridges, and cartwheels, while developing strength, flexibility, and coordination in a safe and supportive environment.
Intro to Tumbling	8+ Yrs	8:1	1 Hour	Designed for beginners aged 8 and up, this class covers fundamental tumbling skills and proper technique. Athletes will build confidence as they progress through drills focusing on rolls, handstands, cartwheels, and bridge work.
Intermediate Tumbling	7+ Yrs	8:1	1 Hour	For athletes with a solid tumbling foundation. This class works on skill progression including round-offs, back walkovers, front walkover, and beginning back handsprings. Emphasis is placed on form, power, and control.
Advanced Tumbling	Invite Only	8:1	1.5 Hour	Advanced Tumbling is for athletes ready to master complex skills such as multiple back handsprings, tucks, layouts, and twisting. Admission is by invitation only, ensuring each student is prepared for the intensity and pace of this level.
Excel Tumbling 2-Day-Per-Week (Both Days Required)	Invite Only	8:1	1.5 Hour PER Class	Our highest-level recreational tumbling program, designed for athletes committed to training twice per week. Focus is on advanced power tumbling skills, passes, and technique refinement. This program requires a strong work ethic and coach approval.
Teen Tumbling	13+	8:1	1 Hour	This teen-specific tumbling class is tailored for beginners and intermediate students aged 13 and up. Focus includes foundational and progression-based tumbling with conditioning and drills.
Intro to Trampoline	6-7 Yrs	8:1	1 Hour	A beginner-friendly trampoline class for young students to learn basic bounce skills, safe landings, body control, and spatial awareness, all while having fun in a high-energy setting.
Intro to Trampoline	8+ Yrs	8:1	1 Hour	Designed for older beginners, this class focuses on fundamental trampoline skills including jumps, seat drops, tucks, and safe bouncing techniques. Students will build coordination and confidence.
Intermediate Trampoline	7+ Yrs	8:1	1 Hour	This class builds on introductory skills and introduces more complex movements like swivel hips, front and back drops, and skill combinations. A great step for those looking to advance their trampoline technique.
Advanced Trampoline	Invite Only	8:1	1.5 Hour	For athletes with solid intermediate skills, this invite-only class develops higher-level trampoline routines, flips, and advanced transitions. Strong focus on form, height control, and sequence development.
Excel Trampoline 2-Day-Per-Week (Both Days Required)	Invite Only	8:1	1.5 Hour PER Class	An intensive program is for advanced trampoline athletes. Students must attend both sessions each week. This class refines advanced routines, introduces twisting skills, and prepares athletes for competitive-level trampoline technique.
Teen Trampoline	13+	8:1	1 Hour	Perfect for teens with little or no trampoline experience. This class focuses on developing fundamental trampoline skills in a fun and encouraging environment. Great for building athleticism, confidence, and aerial awareness.
Adult Trampoline	18+	8:1	1 Hour	Open to adults of all skill levels, this class provides a fun and challenging workout using trampolines. Learn or revisit trampoline basics, improve balance and coordination, and enjoy an engaging fitness experience.
Adult Gymnastics	14+	8:1	1.5 Hour	This 90-minute session starts with a coach-led warm-up and an optional skill or drill, followed by open gym time where participants can move or practice under coach supervision. Perfect for those who like both guidance and freedom in the gym!
Lil' NinjaZone	3-4 Yrs	5:1	1 Hour	Children learn a combination of rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill. Lil' Ninjas is a beginner class designed for ages 3-4 to understand the basics of Ninja Training.
Lil' NinjaZone	4-5 Yrs	5:1	1 Hour	Children learn a combination of rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill. Lil' Ninjas is a beginner class designed for ages 4-5 to understand the basics of Ninja Training.
NinjaZone	5-6 Yrs	6:1	1 Hour	Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skills.
NinjaZone	7+	8:1	1 Hour	Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skills.
NinjaZone	9+	8:1	1 Hour	Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skills.