

# XTREME TUMBLING

MPACT IS PROUD TO BE ONE OF THE ONLY GYMS AROUND THAT OFFERS XTREME TUMBLING! IT IS A PHYSICAL DISCIPLINE THAT INVOLVES RUNNING, JUMPING & FLIPPING OFF/OVER OBSTACLES IN YOUR PATH!

## BEGINNER

AGES 7-12 YEARS

\*PREREQUISITE-MUST HAVE COMPLETED BEG TUMBLING CLASS

TUITION: \$79/MONTH

WEDNESDAY

6:00-6:55 PM

SATURDAY

9:30-10:25 AM

## INTERMEDIATE

AGES 10+ YEARS

TUITION: \$79/MONTH

WEDNESDAY

7:00-7:55PM

## ADVANCED

AGES 10+ YEARS

TUITION: \$79/MONTH

WEDNESDAY

7:00-7:55PM



# ABOUT US



MPACT SPORTS WAS FOUNDED BY ERIC & DEE ANN MELTON IN 2002. THE MELTON FAMILY HAS ALWAYS HAD A PASSION FOR GYMNASTICS & MARTIAL ARTS, AND WANTED TO BLESS THE MIDDLE TENNESSEE AREA WITH A FACILITY THAT OFFERED BOTH FOR FAMILIES!

# CONTACT INFORMATION

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# GYMNASTICS &

# TUMBLING

WWW.MPACTSPORTS.COM

# TINY TOTS

AGES 3-5 YEARS

TUITION: \$69 MONTH

THIS IS A STRUCTURED, THEME RELATED CLASS WITH A FUN WARM UP, OBSTACLE COURSES & ROTATIONS!

MONDAY  
5:15-6:00PM

TUESDAY  
3:45-4:30PM

WEDNESDAY  
5:15-6:00PM

THURSDAY  
11:00-11:45AM  
5:15-6:00PM

# RECREATIONAL GYMNASTICS

STRUCTURED GYMNASTICS CLASSES WHERE GIRLS WILL LEARN ALL OF THE OLYMPICS EVENTS INCLUDING VAULT, BARS, BEAM, FLOOR!

BEGINNER GIRLS

AGES 5-6 YEARS

TUESDAY  
5:00-5:55 PM  
6:00-6:55 PM

TUITION: \$79/MONTH

THURSDAY  
5:00-5:55PM

WEDNESDAY  
5:00-5:55PM

SATURDAY  
9:30-10:25 AM

# TUMBLING

CO-ED CLASSES THAT INCLUDE ROTATIONS BETWEEN CONDITIONING & SKILLS STATIONS, AS WELL AS PRACTICE ON THE SPRING FLOOR & TRAMPOLINE.

BEGINNER

AGES 5-6 YEARS

TUITION: \$79/MONTH

MONDAY  
5:00-5:55 PM

TUESDAY  
6:00-6:55 PM

THURSDAY  
5:00-5:55 PM

# NINJA GYM

KIDS OF MANY DIFFERENT AGES ALL WANT TO BE A NINJA. AT MPACT, THEY CAN RUN OBSTACLE COURSES, LEARN TO THROW NINJA STARS, TIMED RACES AND GAIN ENHANCED PERFORMANCE THROUGH STRENGTH TRAINING.

AGES 5+ YEARS

TUITION: \$79/MONTH

THURSDAY  
5:00-5:55PM

SATURDAY  
10:30-11:25 AM

BEGINNER GIRLS

AGES 7+ YEARS

TUITION: \$79/MONTH

TUESDAY  
5:00-5:55 PM  
6:00-6:55 PM

THURSDAY  
5:00-5:55 PM

WEDNESDAY  
5:00-5:55 PM

SATURDAY  
10:30-11:25 AM

BEGINNER

AGES 7+ YEARS

TUITION: \$79/MONTH

TUESDAY  
5:00-5:55 PM

WEDNESDAY  
6:00-6:55 PM

SATURDAY  
11:30-12:25 PM

INTERMEDIATE GIRLS

AGES 7+ YEARS

TUITION: \$99/MONTH

MONDAY  
5:00-6:25PM

TUESDAY  
4:30-5:55 PM

INTERMEDIATE

AGES 7+ YEARS

TUITION: \$79/MONTH

TUESDAY  
6:00-6:55PM

WEDNESDAY  
6:00-6:55PM

THURSDAY  
6:00-6:55PM

# HOMESCHOOL GYMNASTICS

## & MARTIAL ARTS

ALL LEVELS

TUITION: \$69 MONTH

WEDNESDAY  
1:00-1:45 PM

ADVANCED GIRLS

AGES 7+ YEARS

TUITION: \$99/MONTH

MONDAY  
5:00-6:25PM

TUESDAY  
4:30-5:55PM

ADVANCED

AGES 7+ YEARS

TUITION: \$79/MONTH

TUESDAY  
6:00-6:55PM

WEDNESDAY  
7:00-7:55PM