



Tumble Talk

OCTOBER 2010




Kaia F.I.T.

We Build Strong Bodies and Powerful Minds!!



**LADIES...Come One
Come All ~ Let's Get
F.I.T. for
Fall**





- Get fit & Lose Weight
- Meet new friends
- All Fitness Levels
- Motivation & Inspiration
- Build Confidence & Strength
- F.I.T. Sessions & 3 Intense "BRICKS"

°F.I.T. = Functional Intense Training
°BRICKS = 6 weeks of an intense, concentrated fitness effort designed to give you impressive results in a short time.

MINDEN:
Fall Session
Oct. 12—Nov 6
5am, 6am & 9am

CARSON:
Fall Session
Oct. 11—Nov 6
5am, 6am, 8am, 9am
(M,W,F,S)
7pm
(T,W,TH,S)

Games
Treats
Prizes



SPOOKY.....KOOKY Halloween Sleepover

Minden: Oct 23rd
Carson: Oct 30th

Party: 6:00pm-10:00pm
\$29 by Oct 15th ... \$34 after the 15th

Sleepover: 6:00pm-9:00am
\$42 by Oct 15th ... \$48 after the 15th
20% Sibling discounts

TUMBLEWEEDS GYMNASTICS

Crafts
Pizza
Costume Contest




"Bring a Friend" Week"

October 9-15, 2010

Do you have a friend who isn't in gymnastics already?

During this extra fun week, you get to bring them to class with you! A neighbor, school friend, sibling, whoever you'd like!

If your friend signs up by November 1st, you get a

\$25.00 Gift Certificate

which can be used for anything here at Tumbleweeds

Family Fun Fit Day

Minden Tumbleweeds

Saturday, November 6th

1-4pm

Free to the Public

Free fitness testing ~ local vendors ~
bounce house ~ free open gym ~
face painting



THE WORLD'S GREATEST

Birthday Parties

at Tumbleweeds

The kids will FLIP over our huge castle and SLIDES PARACHUTE GAMES

40 FOOT TRAMPOLINE 12,000

GIANT OBSTACLE COURSES

Contact the office for details!



HAPPY BIRTHDAY!

OCTOBER

Anna Price
Sandia Johnson
Will Marriott
Caroline Marriott
Isabelle Dupont-Moore
Ella Martin
Cammie Jahreis
Ava Segerer
Katelyn Fisk
Megan Theilen
Moises Deleon

Julie Edmunds
Madelynn Kennedy
Madison Stafford
Camryn Forbes
Lily Degennart
Anthony Velez
Julia McNeil
Julia Redwing
Anna Courshon
Levi Romero
Owen Tessier



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CONGRATULATIONS, YOU PASSED!
THESE KIDS HAVE BEEN WORKING REALLY HARD AND ARE DOING GREAT!
KEEP IT UP!!
Brooke Jones Starburst 9/2010
Berkley Hagenbach Starburst 9/2010
Lacey Reid Starburst 9/2010
Candence Gurule Starburst 9/2010
Makenna Shipley Starburst 9/2010
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Flip Flop Kids Shop

November 5th-7th, 2010
1313 Carson St (Hwy 395)
Carson City
Gottschalks Bldg SE corner entrance



Bring your gently used Children's items

Including women's and children's clothing, women's accessories, furniture, children's furniture, outdoor play equipment, toys, maternity wear and **much more!**

RECRUIT YOUR FRIENDS & FAMILY
5 referrals gets you 5%, up to 70%

Sale open to the public
Volunteers & Consignors Shop First!

REGISTER AT:
www.flipflopkidsshop.com
(775) 825-1630

HUCK & CHUCK 101

Snowboard & Ski Class
Specializing in Aerial Awareness
Strength & Flexibility

Classes starting Tuesday October 5th, 2010
7:30pm-9:00pm
\$15.00 drop in



Baby Oh Baby!



Tumbleweeds Gymnastics is offering a new program for you and your baby that may not be walking yet! In this class we will focus on your baby's strength, brain development, and progressions to gymnastics! This is a great opportunity to spend time with your child and to see how they learn and interact with themselves, you the parent, and other babies!

