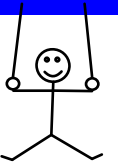
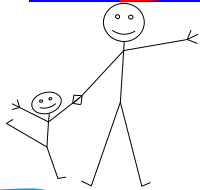




Tumble Talk

SEPTEMBER 2010



Kaia F.I.T.

Kaia F.I.T. is a women's only fitness and training program, offering you a fresh approach to total body conditioning.

- Boot Camps
- F.I.T. Sessions
- Nutrition Education
- All Fitness Levels

- Year Round Fitness
- Pre & Post Fitness Testing
- 5am, 6am or 9am classes
- Saturdays 7am
- 8am & 7pm class in Carson only

Come join us for a FREE TRIAL CLASS



- A Team of Excellent Trainers
- Get Fit & Feel Great
- Increase Lean Muscle
- Functional Strength
- Motivation & Inspiration from your Trainers and Teammates
- Increase Stamina & Endurance
- 5-10% Reduction in Body Fat

"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

WE ARE CLOSED MONDAY
September 6th
 In observance of
Labor Day

Celebrate with us

Tumbleweeds Carson City
 for our 1 year anniversary & National Gymnastics Day

Saturday, September 18, 2010
 12pm-3pm

- Free open Gym
- Bounce House
- Music
- Fun for the whole Family

Tumbleweeds Gymnastics Kids Camp & Kaia F.I.T.



THE WORLD'S GREATEST

Birthday Parties
at Tumbleweeds

The kids will FLIP over our huge castle and 12,000 square ft gym!

40 FOOT TRAMPOLINE

PARACHUTE

GIANT OBSTACLE COURSES

Contact the office for details!



HAPPY BIRTHDAY!
September

 Patrick Boss Sierra Franklin Mason Ogan Tara Cottrill Aspen Paschke Ellie Luce Reagan Hukari Logan Voelker Frankie Sciarrotta Raze Saldana	Emma Sufka Aidyn Hoag Samantha Leiss Meika Cole Austin Pitts  Falan Rose Anthony Pacurar Isabelle Roe Grace Higman Emersyn Worthington Kaylee Nicole Eddy
---	--



☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

CONGRATULATIONS, YOU PASSED!
THESE KIDS HAVE BEEN WORKING REALLY HARD AND ARE DOING GREAT!
KEEP IT UP!!

CHILD	MOVE UP TO LEVEL	DATE
FAITH MARSHALL	KL2	7/5/2010
RYLIE LOVEC	KL2	7/5/2010
CARISSA BILDERBACK	GL2	7/5/2010

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

FLIPS TRICKS & FREESTYLE

\$10.00
Introductory rate

FRIDAY
SEPTEMBER 17TH 2010
7:30PM-9:30PM

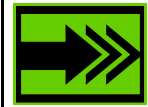
At Tumbleweeds Gymnastics
Ages 12 - 12th Grade

- ~ Jump and flip on trampolines
- ~ Test your Aerial awareness
- ~ Cross train for dirt biking, BMX, parkour
- ~ Learn how to fall safely out of tricks

or come just for fun....Learn some new skills, listen to tunes & hang with your friends!

Spots are limited!
Call the gym to sign up
Pre-sign up to attend

Must have Medical release form signed by a parent to participate

DID YOU KNOW?.....THAT EXERCISE INCREASES BRAIN CELLS