

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
Parent & Child (age 1 - 3 years) CoEd / 1 hr	8:30-9:30a 9:30-10:30a Mike Nakashima	(8:30-9:30a) 9:30-10:30a Mike Nakashima	8:30-9:30a 9:30-10:30a Mike Nakashima	(8:30-9:30a) 9:30-10:30a Mike Nakashima	Sign Up to Start	8:30-9:30a, 9:30-10:30a 10:30-11:30a Justine Perkins	8:30-9:30a Brittany Barry 9:30-10:30a Kelsey Silva 11:30a-12:30p Mike Nakashima
Pre School (age 3-5 years) CoEd / 1 hr	9:30-10:30a MN (2-3p) TBN 3-4p Emily A 4-5p Emily A (6-7p) Emily A	10:45-11:45a MN (2-3p) TBN 3-4p, 4-5p MN 5-6p Mike N 6-7p Spencer D	10:45-11:45a MN 12-1p MN 2-3p, 3-4p Emily 4-5p Mika Neil 5-6, 6-7p Emily A	10:45-11:45a MN (2-3p) 3-4p Mike N 4-5p, 5-6p, 6-7p Kelsey Silva	(10:45-11:45a) 2-3p Mika N 3-4, 4-5, 5-6p Mika Neil	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p Ven Seward, Isaac Yuen 1-2, 2-3p Spencer Dupio	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2, 2-3p Kelsey S, Mike N, Brittany B Alyssa Peric, Brandon SP, Patrick R
Trampoline Classes (age 6+ years) Co-Ed / 1 hr	3-4, 4-5p Emily A 5-6p Kira V 6-7p Mia V (7-8p) Mia V	3-4p Kira V 4-5p, 5-6p Spencer 6-7p Mike N (7-8p) TBN	12-1p MN 3-4p Mika Neil 4-5p Emily A 5-6p Kira V 5-6p, 6-7p Mika	3-4p Justine P 4-5p Mike N 5-6p Mike N 6-7p Mike N 7-8p Mike N	2-3p Mika N 3-4p Mika N 4-5p Mika N 5-6p Mika N	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p Shane Doi, Ven Seward, Isaac Y 1-2, 2-3p Patrick Reinholz	8:30-9:30a, 9:30-10:30a 10:30-11:30a, 11:30a-12:30p 1-2p, 2-3p, 3-4p Brandon SP, Alyssa P, Mike N Brittany B, Kelsey S, Patrick R
Intermediate & Adv Trampoline Co-Ed / 2 hrs	4-6p Mia V 6-8p Kira V	3-5p Nani V 4-6p Kira V 6-8p Kira V	4-6p Spencer D 6-8p Kira V		4-6p Spencer D	10:30a-12:30p Kira V 1-3, 3-5p Shane Doi	10:30a-12:30p Shane Doi 1-3, 3-5p Shane Doi
Tramp TEAM Co-Ed / 2 hrs	4-6p Mia V 6-8p Kira V	4-6p Kira V 6-8p Kira V	4-6p Spencer D 6-8p Kira V	4-6p Justine P 6-8p Justine P	4-6p Spencer D	1-3p Shane Doi (3-5p Shane Doi)	1-3p Shane Doi 3-5p Shane Doi
Beginning Tumbling for Cheer, Drill, Dance Co-Ed / 1 hr	4-5p 5-6, 6-7p (7-8p) Ven Seward	7-8p Spencer Dupio 7-8p Travis Mukina	3-4, 4-5, 5-6p Ven S 6-7p TU-Dance Scott 6-7, 7-8p Spencer Dupio		4-5p, 5-6p Ven Seward	11:30a-12:30p Justine Perkins	9:30-10:30a Michael Hedwall 1-2, 2-3p, 3-4, 4-5p Michael Hedwall
Intermediate & Adv Tumbling Co-Ed / 2 hrs							3-5p Scott Ryan
Beginning Apparatus Gymnastics Classes Co-Ed / 1 hrs		5-6p Paul Pitman	5-6p Kira Verduyssen			8:30-9:30a, 9:30-10:30a 10:30-11:30a David Wilson & Julia Wilson	10:30-11:30a 11:30a-12:30p Alyssa Peric
Intermediate Apparatus Gymnastics Classes Co-Ed / 2 hrs		6-8p Paul Pitman	6-8p David Wilson				8:30-10:30a Kira Verduyssen
Cirque Classes Co-Ed / 1 & 2 hrs							
Beginning Mixed Gym Classes Co-Ed / 1 hr		5-6p Angel Keene	6-7p Ven Seward	6-7p, 7-8p Justine Perkins		9:30-10:30a, 10:30-11:30a Sensei Makoto Sakamoto 1-2, 2-3p Justine Perkins	
Intermediate & Advanced Mixed Gym Co-Ed / 2 hrs				4-6, 6-8p Justine Perkins	6-8p Ven Seward	8:30-10:30a, 10:30a-12:30p Spencer Dupio 1-3, 3-5p Justine Perkins	8:30-10:30a, 10:30a-12:30p Ven Seward, Michael Hedwall 1-3, [Adv: 3-5p] Shane Doi & Scott Ryan
Fitness All Ages & Abilities Co-Ed / 1-2 hrs		6-7p Angel Keene (7-8p Angel K)				(8:30-9:30a M Sakamoto) 11:30a-12:30p M Sakamoto	8:30-9:30a Michael Hedwall 1-2, 2-3p Kick-Fit Ven S
Adult Fit Gym CoEd / 19-49 yrs (2 hrs = pay for 1 hr)		7:30-9:30/10p Dr Mah		7:30-9:30/10p Dr Mah			
Senior Flex Fit CoEd / 50-97 yrs (1.5 hrs)	10:45a-12:15p Mike Nakashima	12:15-1:45p Mike Nakashima					
Special Ed (45-50 min w/ Aid)					3:00-3:45p Ven Seward		

FREE TRIAL CLASS!

Family, Twins, HGEA, & Military Discounts Available

Recreation 8-wk Session Tuition:

	1 Class Per Week	1 student/2X 2 students/1X	1 student/3X 3 students/1X	1 student/4X 4 students/1X	1 student/5X 5 students/1X	1 student/6X 6 students/1X	1 student/7X 7 students/1X
2 Month Session							
1 Hour Class	\$120.00	\$180.00	\$250.00	\$310.00	\$360.00	\$400.00	\$440.00
2 Hour Class	\$180.00	\$280.00	\$380.00	\$470.00	\$550.00	\$620.00	\$680.00

Join Anytime!

Join anytime during an ongoing 8-week session, we simply pro-rate the remaining weeks.

Make Ups!

Students are encouraged to make-up missed classes, but only if space is available.

Cancellation Notice:

Once enrolled, a student's space in a class is automatically reserved from month to month unless the office receives written notice of discontinuation at least two weeks before the end of the month.

Annual Membership:

\$60 due 01 January each year for insurance, T-shirt, fitness testing, portrait, registration, etc.

Birthday Parties:

Mid-year admission is pro-rated at \$5 for each remaining month of the calendar year

Fun Nights:

Saturdays and Sundays 3-5p, 5:30-7:30/8p; \$100 deposit; book early because the dates fill quickly

Group Events:

Mon (7-10p), Wed (7-10p), Fri (6-10p), \$6/hr non-member (\$5/hr member), Ages 5+ (5 yr olds must have adult)

Equipment:

Contact our office to contract a special event for you group.

All of the equipment in the gym is available for rent or sale (we replace sold items with new ones).