Gymnastics is considered one of the best physical activities for children. Its benefits include increased confidence, coordination, strength, balance and flexibility.

In addition, gymnastics is a good vehicle to increase a child's self esteem as they progressively master new and more challenging skills, class curriculum includes core gymnastics skills as well as strength and flexibility training.

Gymnastics Class

CLASSES HELD MONDAYS AT MULBERRY RECREATION CENTER IN LENOIR

INSTRUCTOR HAS OVER 30 YEARS OF TEACHING EXPERIENCE SPECIALIZING IN CLASSES FOR RECREATIONAL, PRE SCHOOL AND TUMBLING FOR CHEERLEADERS

CLASS SIZE IS LIMITED FOR INDIVIDUALIZED ATTENTION

COST: $45/MONTH (DISCOUNTS FOR MULTIPLE CHILDREN FROM SAME FAMILY)

TO REGISTER OR FOR MORE INFORMATION AND QUESTIONS, CALL JEFF BROCK @ 828-244-7446