



VIP ATHLETICS

DROP-IN CLASSES

\$10 per 1-HOUR CLASS

\$5.00 per 30-MINUTE CLASS

Schedule for classes beginning June 5, 2017.

TUMBLING DROP-IN CLASSES

BACK WALKOVER/FRONT WALKOVER CLASS →

Tuesday @ 6pm-7pm/Thursday @ 6pm-7pm

Athletes who want to learn, train and master the back walkover and front walkover will work on using drills, exercises and weight training and conditioning to increase strength, flexibility and technique for proper tumbling progression. ****ALL Levels Welcome***

BACK HANDSPRING CLASS → Tuesday @ 5pm-6pm/Thursday @ 8pm-9pm

Athletes who want to learn, train and master the back handspring will work on perfecting technique and using drills, exercises and weight training and conditioning to increase speed and power of the skill. ****ALL Levels Welcome***

RUNNING TUMBLING CLASS → Friday @ 7pm-8pm

Athletes will train and master the running tumbling passes required for maximum impact on the score sheet for all levels through repetition and conditioning to increase strength, power and technique for these tumbling progressions. ****ALL Levels Welcome***

TRAMPOLINE CLASS → Friday @ 8pm-9pm

Athletes will train and master the elements of tumbling passes, both standing and running, using trampolines for maximum technical training opportunities through repetition, drills and conditioning to increase body awareness, technique and agility for all tumbling progressions. ****ALL Levels Welcome***

BACK TUCK CLASS → Tuesday @ 8pm-9pm /Wednesday @ 6pm-7pm

Athletes who want to learn, train and master the standing back tuck will work on proper skill technique and strength using drills, exercises and conditioning to increase speed and power of the skill. ****Back Handspring Series w/o a spot required to attend***

AERIAL CLASS → Wednesday @ 5pm-5:30pm/Thursday @ 7pm-7:30pm

Athletes who want to learn, train and master the side aerial will work on using drills, trampolines and strength training and conditioning to increase speed, flexibility and technique for proper progression into this skill.

****Back Handspring Series w/o a spot required to attend***

FRONT TUCK CLASS → Wednesday @ 5:30pm-6pm/Thursday @ 7:30pm-8pm

Athletes who want to learn, train and master the running front tuck will work on using repetition, trampolines, drills, exercises and weight training and conditioning to increase strength, power and technique for proper progression into and out of this skill.

**Back Handspring Series w/o a spot required to attend*

LAYOUT TECHNIQUE CLASS → Friday @ 6pm-7pm

Athletes who want to learn, train and master the layout in running passes will work on proper technique, strength and agility using drills, exercises and conditioning to increase speed and power of this skill. **Back Tuck running and standing w/o a spot required to attend*

SPINNING FULLS CLASS → Thursday @ 8pm-9pm

Athletes who want to learn, train and master the full twisting layout in both running and standing passes will work on proper technique and strength using drills, exercises and conditioning to increase speed and power of this skill.

**Back Tuck running and standing w/o a spot required to attend*

TRAINING DROP-IN CLASSES

STRETCH CLASS → Tuesday @ 7pm-7:30pm/Thursday @ 6pm-6:30pm

Athletes will train and condition general **flexibility** for improved range of motion and technique in competitive **skills** including jumps, tumbling, and stunting, helping to reduce the chance of injury while performing these skills. This class is designed for *all athletes*.

JUMP CLASS → Tuesday @ 7:30-8pm/Thursday @ 6:30pm-7pm

Athletes will train and condition all aspects of **jumps**, including flexibility, mind-body translation and strength training to improve height, technique and overall jumping ability.

FLEXI FLYER CLASS → Friday @ 6pm-7pm

Athletes will begin the class with an extensive warm-up to prepare the muscles for an in-depth stretching routine that will help to improve body positions including stretches, Bow-N-Arrows, Scales, Scorpions and Needles.

FLIGHT CLASS → Thursday @ 5pm-6pm/Friday @ 5pm-6pm

Athletes will train and condition all aspects of **flying**, including flexibility, mind-body translation, muscle memory and strength training to improve technique while in the air.