

# Acrobatic Academy Newsletter

## January 2022

Welcome back from break! All classes will resume on Monday, January 3rd.

### BACK HANDSPRING CLINIC

Join us for an hour and a half of intensive back handspring-focused work with our experienced coaches.

Saturday, January 29th from 2:30 to 4:00

Admission is \$15.00 per person if signed up by 1/27 and \$20.00 per person after.

*Participants must be at least 6 years old and be able to independently perform a back bend and round-off*

### Mark your calendar!

Fit Physique will be offering complimentary boxing classes! Join our newest certified personal trainer, Jabril, at one of these classes:

**Cardio Boxing on Wednesday, January 5th  
AND Thursday, January 6th from 6:00– 6:30  
pm**

**Intro to Boxing on Wednesday, January 5th  
AND Thursday, January 6th from 6:30-7:00  
pm**

*Participants must sign-in before class at the front desk*

## Join Fit Physique TODAY

Join AAI's fitness center, Fit Physique, to get a jump start on your New Year's resolutions!

**No registration fee with Fit Physique enrollment NOW through January 31<sup>st</sup>.**

**Current Acrobatic Academy members get their first month free and monthly memberships start as low as \$10.75!**

What you get with your membership:

Free weights, cardio equipment, resistance machines, group exercise classes, indoor track and more!

#### ●SEVERE WEATHER POLICY●

●Acrobatic Academy, Basic Beginnings and Fit Physique abide by the following– If USD 259 closes for the entire day, we will be closed as well. If USD 259 closes mid-day, we will be open for all classes.●

### NEW TAEKWONDO CLASSES ADDED!

Learn modern martial arts from our experienced instructors! Our instructors focus on having fun and engaging with students as they teach various tenets such as *Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.*

Day	Time	Teacher	Class	Age
Monday	5:30-6:00 pm	Ms. Katrin	Little Tots	3-5 years
Monday	6:00-7:00 pm	Master Hawkins	Beg. White Belts	5+ years
Monday	7:00-8:00 pm	Master Hawkins	Colored Belts	5+ years