



TUMBLING TIMES

www.acrofitness.com

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ACROFITNESS 101: BACK TO BASICS

August 2011

Welcome back to Acrofitness! We're so happy to see so many new and returning faces, and we're looking forward to spending another happy, healthy year with you!

This is the "Back-to-Acro" Edition of the Tumbling Times, Acrofitness' monthly newsletter that is filled with valuable information and upcoming dates to remember. We also send the Tumbling Times via e-mail so please be sure to keep us up to date on any changes.



Reminders:

Required Acro Attire

Adidas Sambas and Socks. We occasionally "warm up" our students in the Jungle Gym, where socks are required.

The official Acrofitness shoe is the Adidas Samba. Since we all wear the same shoe, please put your name in your Sambas for those moments when we take our shoes off for the Jungle Gym. They're bound to get mixed up from time-to-time, so your name will help identify which samba is yours!

Please don't change into your Sambas until you are inside the building, and change out of them before you exit the building; this helps keep our tumbling surfaces safe and sanitary.

Proper Work-Out Attire

Proper work-out attire includes shorts/sweatpants and t-shirts. We also require that all long hair is pulled back. No jewelry can be worn into class, and girls should wear sports bras to avoid embarrassment – a shirt tends to have a mind of its own when the person wearing it is up-side-down. (And in case you haven't noticed, we love to spend time up-side-down!)

Please use good judgment with the length of shorts you wear to class. If you insist on wearing short shorts, we ask that, underneath, you wear either leggings or biker shorts.

Our motto here is "FIT KIDS SWEAT" and boy do we LOVE to sweat! Please help us keep from encountering an embarrassing situation by informing your Acro student to use deodorant prior to class we would greatly appreciate it.

We want to hear from you!

Yep-the good, the bad, the ugly... we want it all! We do our best to make Acro a happy environment, but we're not too big to admit that we might need your input from time to time. We have weekly instructor meetings, when we take all your ideas to heart. We constantly strive to improve our program and make your fitness experience a positive one.

Drop off / Pick up

Our drop off & pick up are for everyone's convenience – a few rules will make all go smoothly.

Remember to drop off at least 5 minutes prior to class and pick up 5 minutes post class. If your child is not available for pick up you **MUST** circle again or park and come in - absolutely no parking in drop off zone. The Fire Marshall insists on this!

Tuition

August tuition is now due. If you pre-registered you paid for registration and **LAST** month's (MAY 2012) tuition. Tuition is always due on the first class of the month. Make checks payable to STUDIO 202 and **write your child's name and class/classes or team in the memo line.** You can always mail your payment. We also accept cash or Visa/MasterCard/Discover. A \$10.00 fee will be applied after the second week of classes.

Recommendations (New This Year)!!!

Thank you! To show our appreciation for spreading your love of Acrofitness; any referrals that result in a sign up will grant you a coupon redeemable for one of the following awesome freebies; a refreshing chiller, one amazing adult class, or one hour in our jungle gym for a swinging good time! No cash redemption.



Please pick up our orange Acrofitness Calendar with our important dates & closings.