



The Tumbling Times

September 2011

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Acrofitness 101

The Tumbling Times is your monthly Acrofitness newsletter; you should have received a copy when you registered, or in your first day of class. The Times will familiarize you with our policies and procedures, and it will always be full of information and reminders ...

... Like this one: Remember to wear the appropriate Acrofitness shoes (the Adidas Samba) to your classes.

Also, Christmas parade information and retail is in the studio and ready for you to order. Deadline to order is Saturday, Oct. 8. Mooresville's parade is Tuesday, Nov. 22, while the Davidson parade is Dec. 3, and Statesville's is Dec. 11. Return students: We are re-using our red shoelaces from last year.

After the newsletter comes out each month, important reminders will be posted on our website, www.acrofitness.com. We are constantly adding updates there on class schedules, special events, retail information, inclement weather and more. Teams: We will also use our website to update performance times and directions.

Class Schedule Update

No Zumba on Mondays at 9:30 a.m.

Acro Hiphop 8+ A & B on Mondays at 7 p.m.

No Adult Quickie on Mondays at 7 p.m.

Acro Hiphop 8+ on Thursdays at 7 p.m.
instead of Teen Tumble

Acro Hiphop 5-12 A & B on Fridays at 4 p.m.



"202-Tique": An Acrofitness Boutique

Find unique Acrofitness items right in our studio. We'll carry all of our one-of-a-kind items in limited supplies, and we'll change our inventory seasonally. Hurry before supplies run out!! (Our tanks sold so fast that we're going to order more!) We'd love your feedback and recommendations for items to carry.

And be on the lookout for **Cody's customs** - coming soon to Acrofitness!

Missed a class? Never fear!

Your child can make up missed classes - it's as easy as 1, 2, 3. Just look over our class schedule and pick an appropriate class at a time that is convenient for you. Be sure to call us ahead of time so we can make sure the class isn't full. This will help us maintain our class ratios and keep our classes working to their full potential.

Parents of 2-4 year olds: Please be at the Jungle Gym gate to pick up your child promptly at the end of class. No child can enter the lobby or leave the Jungle Gym without a parent.

Need a night out?

We understand, and we're here to help! Acrofitness' first Parents Night Out of the 2011-12 season is Friday, Oct. 28, from 6-10 p.m. It's one of our favorite PNO's all year. Kids: Dress to impress in your Halloween attire, and get ready for some spook-tacular fun and flips. We'll also play games, watch a movie and march around the studio in a costume parade! Limited space is available, and this one fills up fast! Cost is only \$25 for one child and \$10 off for siblings.



Congratulations! Ms. Jen Flynn - our technical genius - is graduating Sept. 2 as a Broadcast/Media Specialist. Her personal website is under construction. She is currently overhauling the Acrofitness webpage - check out her work! - and she's working on the website for Beach Construction, Excavation, Car Restoration and Fantasy Pet Habitats. Let her help you with save-the-date and wedding videos, website development, turning old family videos into DVDs and more!