



“And Me” Classes!

Enjoy some healthy and productive bonding time!

“Baby and Me” Rollers: for those infant rollers, this class provides a safe, positive and fun environment where a caregiver and young child can exercise together and together enjoy the benefits of stretching and working out!



Infant Rollers Tuesdays, 12:00 pm to 1:00 pm \$40/month

“Toddler and Me” Jumpers: for the next group up, this class gives safe ideas for caregivers on not only providing healthy and safe environment to do some healthy stretching, but help to burn off some of that energy this group seems to have. Toddlers in this class can work on balance, coordination, and body awareness, as well as spend some time with a caregiver.



Walkers to 2 years old Tuesdays, 1:00 pm to 2:00 pm \$40/month

“Preschooler and Me” Twisters: for that next age group, this class gives caregivers and their preschooler the opportunity to enjoy one another working out and growing skills. This class can be used to guide these budding young athletes into a basic tumbling techniques and the philosophy of following “proper progression” of skills along the way.



Ages 3 to 4 years Tuesdays, 2:00 pm to 3:00 pm \$40/month

Class sizes are limited! Please register by contacting the gym:

Email: stormeliteprogram@gmail.com

Or visit our website:

www.wistormeliteallstars.net

****A minimum of 4 participants per class required for class to continue****