



20 Programs That You Might Want to Try

1. Ninja's Choice – Give the vision of exploratory open gym with a subliminal curriculum
2. Circus Tricks – Circ de My Gym – Everything from juggling to silks to Indian clubs
3. Its all about balance – How many ways can you think to balance?
4. Everybody Flips – Start with a flip in first class
5. Pop Yoga – It's all about the music
6. Base Camp for _____ (you enter the sport or activity) anything from football to theater
7. Functional Fitness – Modify exercise using an implement from that activity. (ie. Football would start with diving catch)
8. Chorus line – Choreography leading to group performance
9. Half Time Team Training – Dance, Vault, or Tumbling or combinatio of all
10. Stuntman (woman) Training
11. Physical Education by class or home school
12. Interval Tumbling Training – Basic tumbling
13. Recital Teams – work toward a session end show
14. It's not parkour - beginner moves like palm spins, shoulder rolls, kong vaults
15. Breakdance basics
16. Tumbling for Cheer – a safer approach
17. Tumbling for wrestlers – escape and performance
18. Beginners Pole Vaulting
19. Ninja Confidence Course
20. Gymnastic drills for MMA

Bonus

21. Junior Slammers – you'll have to email me for the details

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