

# In the Spot Light January 2010

## Happy New Year!

Welcome back! We hope that you had a great time celebrating the holidays with your family and friends.

## Key Dates

- **Session 3 Tuition Due:** Week of January 11<sup>th</sup>
- **Session 3 Begins:** January 25<sup>th</sup>

Please see our web site for our 2010 calendar.

## Yoga is Coming to the Gym Spot!

If you are looking for more flexibility, strength and relaxation along with less physical and mental stress, these yoga classes are for you! No matter what your level or experience with yoga, all are welcome!

Classes will be taught in the yoga style of Vinyasa Flow which links breathing with movement, promoting harmony of mind, body and spirit. Vinyasa Flow is a fun, life affirming form of yoga where the body and mind playfully explore yoga poses that are carefully sequenced for a safe and healthy experience.

The classes will be taught by Becky DeRosa, an experienced yoga instructor and someone you will enjoy learning from! Class details are as follows:

- Offered on Tuesdays at 9:00 a.m. and Fridays at 9:00 a.m. and 10:00 a.m.
- Classes will be 45 minutes in length and will be 10 weeks in length, coinciding with Session 3.
- This class is for students who are 18 years or older and any level of yoga experience.
- Classes begin on January 26<sup>th</sup>.
- Cost is \$90 for the 10 week session.
- Registration will be handled by the Gym Spot office but checks (only) should be made out to Becky DeRosa. Registration begins on Monday, January 11th.
- A yoga mat is required. These are available at Target or Walmart and are priced as low as \$15.
- Minimum enrollment for these classes is 4 students and a maximum of 15 students.

## Spring Break Camps are Coming!

Stay tuned for more information – it will be a blast!

## Car Battery Charger

Should you need to charge your car battery, a charger and jumper cables are under the sink in the waiting area.

## Parents' Night Out (PNO)!

Mark your calendars for **Saturday, January 16<sup>th</sup> for Parents' Night Out.** This is a very cool, supervised event that is tons of fun for the kids. Plus, parents receive a much needed night out. **Gym Spot students and their friends are welcome!**

<b>Date:</b>	Saturday, January 16 <sup>th</sup>
<b>Time:</b>	6:00 p.m. – 11:30 p.m.
<b>Ages:</b>	5 years and Up
<b>Includes:</b>	Games, Pizza, Videos and Fun!
<b>Sign Up:</b>	In advance, please, at the Office
<b>Cost:</b>	\$20

## The Party Spot

The Gym Spot is a great place to celebrate any occasion – birthdays, holidays or just for fun. In addition to one hour of supervised time in the gym, all of our parties now include an adult **Party Hostess** and use of our party room for ½ hour. For more information grab a brochure (by the bulletin boards on the spotted wall) or visit our web site at: [gymnasticsspot.com](http://gymnasticsspot.com)

## Customer Referral Program

The greatest compliment you can give us is to refer a friend to the Gym Spot. Refer a friend and when they register, and provide your name, we'll give them 10% off their child's first session. In addition, you will receive 10% off your child's next session. Multiple referrals mean multiple discounts! Customer Referral Cards are available by the bulletin boards.

## Join Us for Supervised Practice!

Supervised Practice is a scheduled time when your children can enjoy additional practice. This is not a class but is supervised by a qualified staff member.

### Pre-School Supervised Practice

Monday, Wednesday and Thursday, Noon – 1:00 p.m., a parent or caregiver must stay. Members \$5, Non-Members \$7.

### First Grade and Up Supervised Practice

Every Saturday (unless otherwise noted) from 2:30 p.m. – 4:00 p.m. Members \$7, Non-Members \$10.

## Contact Us

<b>Web Site:</b>	Gymnasticsspot.com
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