

GYMNASTICS EXPRESS TOO

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Gymnastics Express Too offers a variety of classes and activities to help promote good health and physical fitness for your children. Gymnastics is a great way to gain strength, flexibility and coordination for both boys and girls of all ages and abilities, but we don't stop at gymnastics. We will be offering cheer, dance and fitness classes this year as well.

The 12,000 square foot facility is complete with trampolines and pits galore, gymnastics apparatuses, zip line, slides and a brand new Pirate Ship.

Whether you are joining for fun and recreation or to become a competitive gymnast, Gymnastics Express Too has a class for you. A unique pre-school program for boys and girls ages 2 to 5 1/2 is available. We promote fitness by offering creative, fun classes that both excite and challenge these very young gymnasts. Through activities involving gymnastics, strength, flexibility, fine motor skills and other developmental skills, your child will start on the right track to good health. Gymnastics skills are tools to teaching positive learning attitudes.

Competitive Pre-team is available for girls working Levels 1-4, with the goal of competing starting at Level 4 of the USA Gymnastics system. An hour long class for boys and girls ages 6 and up is also offered in Tumbling, Trampoline and Cheer.

Join the fun and get your child involved in an activity that can help them stay in shape and build confidence!