

NEWSLETTER

Core's Holiday Gathering

You have been invited to

**Indoor Swim party
hosted by Adam Bodenstein's family**



**Core's Party
Sunday December 11, 2011
1:00- 4:00 pm
Location is
85 Woodland Acres Crescent Maple On
RSVP 905-884-4267
coretraininggymnasticscentre@sympatico.ca**

Things Needed for the Party

Families are welcome to come and bring siblings.

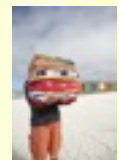
Parents are responsible for their children in the pool

There will be a Lifeguard present.

Swimming Trunks, Towels, Sandles (optional)

We are looking for unrapped gifts To donate to the Richmond Hill Salvation Army for both teens ages 14 to 17 and single moms.

Please note: you don't have to swim to enjoy the party



****** Register Now ******

Tumbling Camp

**January 3rd, 4th, 5th, 6th, 2012
1/2 day & full day available
\$39.00 & \$79.00 individual days
\$130.00 & \$220.00 all for 4 days**

WISHING YOU ALL THE BEST IN THE HOLIDAY SEASON AND THANK YOU!!!

Thanks You Core Training Gym Members for being a part of our Family And we look forward to bringing you new programs for both Adults & Teens in the 2012 year.

Our new Session Starts January 9th 2012. We offer toddler programs up to pre-competitive and competitive Tumbling and Trampoline Programs.



Adult toning and stretching classes are now taking off. We are now offering 6 Week Boot Camps for adults. See flyer for details.

Please have a Safe and Enjoyable Holiday and all the best in the New Year.

From Michael, Courtney Ross, Courtney Cot, Beth James. Everett & Danielle Woods

COMPETITIVE POWER TUMBLING AND TRAMPOLINE



Girls and Guys please get your registrations in for the **2012 Competitive programs.**

Male and Female Athletes from 7 yrs. and up are able to compete in **Power tumbling.**

Male and Female Athletes ages 8 yrs. and up are able to compete in **Trampoline.**

Competitive Routines times

Monday 4-5 pm

Tuesday 4-5 pm

5-6 pm

8-9 pm

Wednesday 4-5 pm

5-6 pm

8-9 pm

These days are Dedicated for Routines only. Please register As soon as you can

905-884-4267



Please note: in order to compete. You have to have one regular class of min of two hours and one Routine hour per week.

We do have a Competitive uniforms for sale in January T shirts and Shorts

Please note Minimum requirements for power tumbling routines are a Round off Back handsprings

Top: adult teen Power tumbling

Bottom 2011 Just bounce competition.

INTRODUCING...

CORE TRAINING BOOT CAMP (CBC)

6 WEEK CAMP STARTS JANUARY 9TH!

See & feel results in 6 weeks!

- Includes:
- two 1.5 hour work outs a week
 - fitness testing
 - nutritional shake at the end of each class

Only \$295 plus HST for 12 sessions

Adults Set & Reach your Goals!

Adults Join the fun! Prizes & Incentives!

Program variety:
cardio, rebounding, strength training, plyometrics, pilates, toning, stretching & more!

Evening Schedule
Mon, Wed, Thurs 8 - 9:30

Daytime Schedule
Wed & Friday 9:30 - 11

Adult Toning/Pilates Classes



Classes Start Monday, January 9, 2012

12 one hour classes \$189 + HST

Monday & Wednesday evenings 7- 8pm

or

Monday 12 - 1pm & Friday 11 - 12pm

You choose once a week or twice a week.

**Improve core strength
Correct posture & alignment
Create stamina**



Core Training Gymnastics Centre Inc.
565 Edward Ave #5 Richmond Hill ON L4C 9Y6
905-884-4267 coretraininggymnastics.ca or vivepilates.com



Beth James
Certified Body Control Pilates® Instructor
Core Training Gymnastics Centre Inc.
565 Edward Ave #5 Richmond Hill ON L4C 9Y6
905-884-4267 coretraininggymnastics.ca or vivepilates.com



SESSION #2 STARTS JANUARY 9, 2012

Please get your **Registrations in to save your day and time!!!!**

Please Note there are no Regular Classes from December 24 until January 9th 2012