



Beam Bite

JANUARY 2023

LAST CALL! WINTER 2023 REGISTRATION!

WE'VE REVAMPED SOME OF OUR PROGRAMMING!
Boys Recreational Program--UPDATED!
MAGA Pre-team--NOW OFFERED!
Ninja Recreational Program--UPDATED!
CHECK OUT PAGE 3 FOR DETAILS!

Updated Schedule!

[CHECK IT OUT HERE!](#)

Added Classes!
Adaptive Gymnastics
Strength & Conditioning



NEW NGC & RAIDER GYMNASTICS APPAREL!
CUSTOMIZATION AVAILABLE!!





EXCITING HAPPENINGS AT THE TUMBLE BUGS GYM!

Upcoming Themes

January 9-22 Shape up in 2023!

January 23-
February 5 Fit 'N' Frozen

February 6-19 We Love NGC!

February 20-
March 5 Owl do my Best!

March 6-March 19 Shamrock Rock!

OPEN PLAY TIMES

TUESDAYS
9:30-10:30 AM

WEDNESDAYS
11:00-12:00 PM

THURSDAYS
6:30-7:30 PM





TRAINING GYM

Home to NGC's Competitive Teams, Boys Rec, Ninja and
Upper level Girls Rec Programs

**Make sure to
check out our
gym calendar to
stay updated!**

[Gym Calendar](#)

OPEN GYM

WEDNESDAYS

HS & ADULT
8:00-9:00 PM
\$7

HOMESCHOOL
1:00-2:00PM
\$5

SATURDAYS

ALL AGES

12:30-2:00 PM
\$10

PROGRAM UPGRADES!

Wahoo! We have updated our Boys Recreational Programming & Ninja Programming for the Winter 2023 Session! Click on the links below to view the NEW Program paths! You can also find more information on our website under "Classes".

[Boys Program Path](#)

[Ninja Program Path](#)

RAIDER GYMNASTICS MEETS!

[Click here for their full schedule!](#)