

OWNER & HEAD COACH LISA CAJN

- Former National Team Member
- USA International Competitor
- USAG Professional Member
- USAG Safety Certified
- Professional Stuntwoman
- Appearing in 75 films



Enrolling Now

Call: 804-360-9490
info@twistgymnastics.com

Where a lifetime of fitness begins...

USA JR. OLYMPIC TRAINING PROGRAM PARENT & TOT, PRE SCHOOL, RECREATIONAL CLASSES & COMPETITIVE TEAMS - AGES 2 - 18

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:15 - 10:00						3 - 4 years	Birthday Parties - 10:30 - 12:00, 12:30 - 2:00, 2:30 - 4:00 & 4:30 - 6:00 Birthday Party 3:45 - 5:15
10:00 - 11:00		10:00 - 10:45 3 - 4 Years				5 - 8 years 9+ years	
11:00 - 12:00						6 - 9 years 10+ years	
12:00 - 1:00						TEAM	
1:00 - 1:45		3 - 4 years		3 - 4 years		TEAM	
2:00 - 2:45						TEAM	
3:30 - 4:30	6 - 8 years 9+ years	5 - 6 years 7 - 9 years	5 - 6 years	5 - 7 years 8 - 10 years	Team		
3:30 - 5:00	INT Class 8-10 years		INT Class 7 - 9 years		Team		
4:30 - 5:30	7 -9 years 9+ years	7 - 10 years 11+ years	6 - 8 years	7 - 9 years 11+ years	Team		
4:30 - 6:00	INT Class 9 + years		INT Class 10+ years		Team		
5:30	TEAM	TEAM	TEAM	TEAM	Team		

Monthly Tuition

45 min class - \$75.00 - 1 hr. class - \$83.00 - 1.5 Hr. class - \$100.00

Annual Registration Fee - \$35.00

We prorate tuition when you join a class mid month.

No Classes

Thanksgiving - Nov. 20 - Nov. 24, Christmas - Dec 22 - Dec. 28, Spring Break - April 1 - April 6,
Memorial Day - May 27.

Winter Gymnastics Camp - Dec 20 - Dec. 21 & Dec 27 - Dec. 28 - Limited Space - Enroll Early

Visit our Facebook page for notice of inclement weather closures.

Twist Gymnastics Calendar of Classes 2018 - 2019

2018 - 2019	Mon	Tues	Wed	Thurs	Fri	Sat	
1		9/4	9/5	9/6	9/7	9/8	
2	9/10	9/11	9/12	9/13	9/14	9/15	Sept.
3	9/17	9/18	9/19	9/20	9/21	9/22	
4	9/24	9/25	9/26	9/27	9/28	9/29	
5	10/1	10/2	10/3	10/4	10/5	10/6	
6	10/8	10/9	10/10	10/11	10/12	10/13	Oct.
7	10/15	10/16	10/17	10/18	10/19	10/20	
8	10/22	10/23	10/24	10/25	10/26	10/27	
9	10/29	10/30	10/31	11/1	11/2	11/3	
10	11/5	11/6	11/7	11/8	11/9	11/10	Nov
11	11/12	11/13	11/14	11/15	11/16	11/17	
	11/19	11/20	11/21	11/22	11/23	11/24	Thanksgiving Break
12	11/26	11/27	11/28	11/29	11/30	12/1	
13	12/3	12/4	12/5	12/6	12/7	12/8	Dec
14	12/10	12/11	12/12	12/13	12/14	12/15	
15	12/17	12/18	12/19	12/20	12/21	12/22	
	12/24	12/25	12/26	12/27	12/28	12/29	Christmas Break
2019	12/31	1/1	1/2	1/3	1/4	1/5	
17	1/7	1/8	1/9	1/10	1/11	1/12	
18	1/14	1/15	1/16	1/17	1/18	1/19	Jan
19	1/21	1/22	1/23	1/24	1/25	1/26	
20	1/28	1/29	1/30	1/31	2/1	2/2	
21	2/4	2/5	2/6	2/7	2/8	2/9	
22	2/11	2/12	2/13	2/14	2/15	2/16	Feb
23	2/18	2/19	2/20	2/21	2/22	2/23	
24	2/25	2/26	2/27	2/28	3/1	3/2	
25	3/4	3/5	3/6	3/7	3/8	3/9	
26	3/11	3/12	3/13	3/14	3/15	3/16	March
27	3/18	3/19	3/20	3/21	3/22	3/23	
28	3/25	3/26	3/27	3/28	3/29	3/30	
29	4/8	4/9	4/10	4/11	4/12	4/13	
30	4/15	4/16	4/17	4/18	4/19	4/20	April
31	4/22	4/23	4/24	4/25	4/26	4/27	
32	4/29	4/30	5/1	5/2	5/3	5/4	
1 Hour Class Exhibition: Saturday, June 1, 2019							
1.5 Hour Class Competition Sunday, June 2, 2019							