

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 - 7 years 8+ years	
11:00 - 12:00						5 - 7 years 8+ 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	5 - 9 years		
3:30 - 5:00	INT Class 8-10 years		INT Class 7 - 9 years		INT Class 6 - 8 years		
4:30 - 5:30	7 -9 years 9+ years	7 - 9 years 11+ years	6 -9 years	7- 9 years 10+ years	9 -10 years 11+ years		
4:30 - 6:00	INT Class 9 + years		INT Class 7 - 9 years		INT Class 11+ years		
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. 21 - Nov. 25, Christmas - Dec 23 - Dec. 31, Spring Break - April 2 - April 7,
 Memorial Day - May 28.

Winter Gymnastics Camp offered Dec 18 - Dec. 22 - Limited Space - Enroll Early

Visit our Facebook page for notice of inclement weather closures.

2017 – 2018 Twist Gymnastics Class Calendar

2017-2018	Mon	Tues	Wed	Thurs	Fri	Sat	Twist Gymnastics
1		9/5	9/6	9/7	9/8	9/9	Sept.
2	9/11	9/12	9/13	9/14	9/15	9/16	
3	9/18	9/19	9/20	9/21	9/22	9/23	
4	9/25	9/26	9/27	9/28	9/29	9/30	
5	10/2	10/3	10/4	10/5	10/6	10/7	Oct.
6	10/9	10/10	10/11	10/12	10/13	10/14	
7	10/16	10/17	10/18	10/19	10/20	10/21	
8	10/23	10/24	10/25	10/26	10/27	10/28	
9	10/30	10/31	11/1	11/2	11/3	11/4	Nov
10	11/6	11/7	11/8	11/9	11/10	11/11	
11	11/13	11/14	11/15	11/16	11/17	11/18	
	11/20	11/21	11/22	11/23	11/24	11/25	Thanksgiving Break
12	11/27	11/28	11/29	11/30	12/1	12/2	
13	12/4	12/5	12/6	12/7	12/8	12/9	Dec
14	12/11	12/12	12/13	12/14	12/15	12/16	
15	12/18	12/19	12/20	12/21	12/22	12/23	
	12/25	12/26	12/27	12/28	12/29	12/30	Christmas Break
2018	1/1	1/2	1/3	1/4	1/5	1/6	

Winter Camp offered Dec. 18 – Dec. 22, 2017

½ Day & Full Day Programs Available for girls ages 5+

½ Day Camp Program

9:00am – 12:00 - Monday – Friday

Campers train on all gymnastics events every day. Excellent training for all skill levels accommodated with a student to coach ratio of 6 to 1.

Cost: \$180. Sibling Rate: \$145.00. Single Day Rate: \$40, Sibling Day Rate: \$36.

Full Day "Teamed Up" Camp Program

9:00am – 4:00pm - Monday – Friday

This camp offers a ½ day of gymnastics and ½ day of cooking up healthy holiday snacks with Young Chef's Academy.

Cost: \$380. Sibling Rate: \$345.00. Single Day Rate: \$80.00, Sibling Day Rate: \$75.00

Limited space enroll early.