

PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

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www.prairiegym.com

Zumba Fitness and Yoga

Zumba Fitness:

Wednesday 1-2pm (child care provided; \$1 per child)

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!



Hatha Yoga:

Mon 6-7pm

Tues 10:30-11:30am

Thurs 5:45-6:45pm and 7-8pm

Hatha Yoga and Meditation focuses on traditional yoga poses and is recommended for all levels. Designed to combine movement with stillness and develop breath awareness and proper alignment of yoga poses, this class is perfect for managing tension and stress, and helps students develop physical and emotional wellness. Students will receive individualized attention while learning the basic alignment of yoga poses for strength, endurance, balance and relaxation. The practice includes both active and relaxing yoga poses, basic meditation technique, and breathing exercises to increase over all health in body, mind and spirit.



Family Yoga:

Sat 11-12noon

Yogis and yoginis come together in a lighthearted environment for individual, partner and family yoga fun! Age and developmentally appropriate yoga poses, animated breathing exercises and soothing relaxation techniques awaken the inner child of all age participants. Laughter and love fill each class and is sure to inspire the entire family's relationship. This class is open to extended family members and caregivers too. Children must be 7 and up.

All classes are \$10 with a punch card; \$12 drop-in.

Did you know...

...bubble wrap just turned 50? Gym Kids classes get to jump on bubble wrap this month during class!

...it takes 17 muscles to smile; 43 to frown?

...Cory Farr is our new tumbling coach, and all around sub?

...next week is "Bring a Friend Week"?...details on page 2.

Tell
someone
you love
them!

No Classes

We are OPEN!

February 2010

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Upcoming Events

GIJO Invite at Premier West
February 7
Oswego

Iowa Boys Invite
February 13-14 (Team Boys)
Iowa City, IA

Salto Invite
February 20-21 (Team Girls)
Wisconsin

Midwest Open
February 27-28 (Team Boys)
Cicero, IL

Houston Invite
March 6-7 (Optional Team Boys)
Houston, Texas

Spring Specials

(March 29-April 3, 2010)

In addition to our regular classes, we will be offering the following specials

Flip Flop Shops

This 1 hour class will concentrate on drills, strength and proper execution of the flip flop. Children must be in 3rd grade or above.

Times and days will be posted in the next Gym News.

Gymnastics Camp

Three hours of gymnastics fun, including games, races, pit time, skills, strength, flexibility, and gymnastics challenges.

For children in Kindergarten and up.

Tuesday March 30 9-12noon

Thursday April 1 9-12noon

Cost:\$30/day \$50/2 days or 2 kids

Homeschoolers President's Fitness Challenge

Looking for a fun and challenging way to complete your Physical Education Credits this year?
We can help.

Classes are held every other week for 12 weeks, beginning February 16th. The test will be administered the 7th week (1st week in May). The program is open to students in 1st grade and up.

Classes: Tues 12:30-1:30pm
Wed 9-10am; 12-1pm; 2-3pm
Thurs 12:15-1:15pm

Cost: \$30 per student
(6 classes plus testing day).

Minimum of 10 students required to run the class.

Opening Ceremonies for the Vancouver Winter Olympics are Friday, February 12th.

Bring a Friend Week

All students (Tots - Level 2 Girls and Boys Challenge) are invited to bring a friend new to Prairie Gymnastics to class the week of February 8th. Friends must be age and gender appropriate (Tots and Gym Kids, age appropriate, only).

Please have your friend's parent fill out and sign the attached waiver giving your friend permission to participate.




Meet Results

The compulsory girls competed in Itasca on January 9th. Congratulations to Nora Theeke who placed 1st in the All Around at Level 5. Kerry Abello, also Level 5 was 3rd. At Level 6, Kristi Zabka placed 3rd All Around.

The boys competed at the 14th Annual Windy City Invitational at UIC January 15-17. The Level 4s brought home the 5th place banner, and the Level 6s placed 3rd as a team. Individually, Matt Szot (Level 6) placed 1st on Rings, 2nd All Around, and 3rd on Floor and High Bar. Caleb Ercoli (Level 6) was 2nd on Vault.

February Birthdays



1st	Annie Hanlin
2nd	Garrett Cicci
3rd	Coach Cory
4th	Quintin Lowe
	Nora Theeke
5th	Stephanie Anderson
7th	Kylie Sloan
8th	Ella Rio
11th	Jessica Hughes
13th	Hunter Dalisay
	Mia Zink
15th	Luke Carmick
16th	Abby Kent
20th	Sierra VanCraenenbroeck
23rd	Lauren DiSandro
	Jackson Williams
24th	Avery Solomon