

PRAIRIE GYM NEWS



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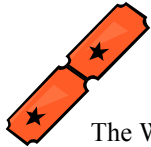
www.prairiegym.com

Summer Updates

Summer session 2 runs July 18-August 20. Sign up for whatever weeks you're in town; we'll prorate for any vacation dates (just let us know ahead of time).

Any current students need to get their make-ups scheduled by the end of the summer...summer make-ups will not carry over to the Fall session.

Our third anniversary is the week of August 15th. We'll have a daily raffle (everyone in class gets a free ticket) and anniversary cookies for all.



The Winner!



Yum!

Did You Know...

...USAG is trying to set a handstand record? Join us on Saturday, September 17th to see how many people we can get up in a handstand at noon (on the dot). Details will be in the September Gym News...stay tuned.

...fireflies are actually winged beetles?



...the frog heart has 3 chambers?

...tug of war was an Olympic sport from 1900 to 1920?



...some major leaguers break in their baseball gloves in the microwave? (warning: 60 seconds or less)



No Classes

August 21-28
September 5

Fall Registration

Fall registration begins August 15th
Classes begin August 29th
Schedules will be available in late July on our website: www.prairiegym.com



Upcoming Events

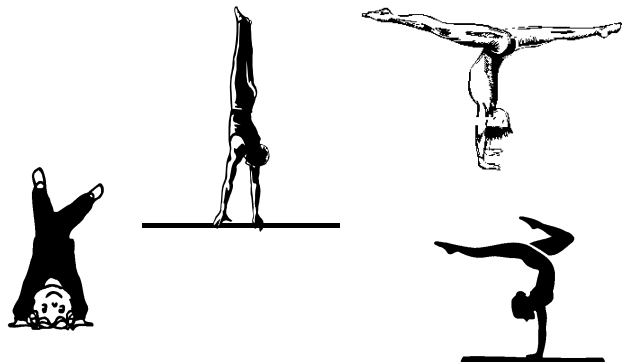
Summer Session 2
July 18-August 20

Fall Registration
Begins August 15th

3rd PGC Anniversary Week
August 15-20
(see Summer Updates article, page 1)

Fall Session
August 29-November 5

National Gymnastics Day
Saturday, Sept. 17th
12 noon



Fall Yoga



Yoga will start up again in September on Wednesdays 7-8:15pm. First class is September 7th. The cost for a 5 week session is \$60, and drop-ins are welcome at \$15 a class. The instructor is Desiree Eastham.



July/August Birthdays

July	8th	Curran Phillips
	15th	Mackenzie Ewen
	17th	Danielle Schewe
	19th	Jennifer Babich
	21st	Ben Vozza
		Jeffrey Zofkie
	24th	Ashley Lemke
	27th	Sophie Edwards
	28th	Brock Gardner
		Leo Oshiro
August	1st	Zach Campbell
	3rd	Juliann Grubisic
	5th	Johnny Vargo
		Sophia Vozza
		Hannah Lindy
	6th	Abbie Cooperman
		Luke Cooperman
	8th	Milo Karner
	9th	Gwen Harvey
		Kristi Zabka
	10th	Kiera Campbell
	11th	Taegan Vinarsky
	13th	Trevor Higgins
		Julian Pin
	15th	Coach Carrie
	16th	Matt Ideler
	18th	Sasha Mix
		Samantha Preziosio
		Lorna Schultz
	19th	Addison Lamanna
	20th	Morgan Wagnitz
	21st	Madi Runge
	24th	Julia Guppy
		Keaton Krohse
		Charlie Saperston
	31st	Christian Dalisay

The Flood

On Wednesday, June 29th, Suzie arrived at the gym at 4:30pm to find a broken sprinkler pipe and 3 inches of water in the music corner of the gym. The Batavia firefighters responded to Suzie's 911 call and showed up to shut off the water; Valley Fire and Protection was called in for repair work; and Service Master came in to get the drying process started.

Classes were cancelled for that evening, but thanks to everyone's quick response, we were back to a normal schedule by Thursday morning.

We were lucky in several respects. The floor mat is raised off the floor so it wasn't affected; the water hadn't been running long; the flood water was clean water ☺; our helpers and repair people were quick; and the beanie animals made it through the washer and dryer!



So, please excuse our mess while we do some repairs and updating, and get the lobby, office area, and gym back in order.

Adult Fitness Training

Taught by Dustin Piatkowski, CPT, the program is based on functional movement. This whole-body workout relies heavily on body movements that can be progressed or regressed according to each person's fitness level. Kettle bells, weighted sleds, medicine balls, and resistance training bands are also employed for further resisted functional movements.

Watch for flyers with information about Open Houses, and classes. Come give it a try and get in shape while your kids are enjoying gymnastics.

Have you seen the new stall bars in the pommel horse area? Thank you to Fred Pin (carpenter extraordinaire) for building them. Now we have more ways to help everyone get STRONG!

