

CLINICS

December 2018 Clinic Schedule

Description	Tue	Wed	Thur	Fri	Sat
Fast Start			3:45p		12:30p
Back Handspring	3:45p		5:00p		
Back Tuck	4:30p		3:45p 7:30p		
Twisting		4:15p		5:00p	

Enroll online at excitegym.com. All clinics are 30 minutes - \$15/members, \$18 non-members. Students encouraged to stretch and warm up before class. Parents responsible for child's safety until clinic begins. Please sign up in advance to avoid clinic cancellation. If minimum enrollment of 2 is not met, clinics will be canceled 72 hours in advance, and notification will be made via phone call. Nontransferable or refundable if canceled less than 48 hours in advance without doctor's note. Waivers are required from each participant.

High School / College Open Stunt	8:15p		8:15p		
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\$2 each session. Cash only. Waiver required prior to arrival.

We love our Partner Programs!



ARYA
www.aryainc.com

SOUTH ASIAN DANCE AT EXCITE!
-sundays-
adults 3-5pm / ages 4-6 8-10pm
excitegym.com/arya



FIT4MOM
Flowermound

Fit 4 Mom Group Exercises at EXCITE!
Stroller Strides: Fri 9:30-10:30am
Body Back: Tue & Th 5-6am
excitegym.com/fit4her



girl scouts
of northeast texas

Girl Scouts at EXCITE!
Excite! has had the privilege of working with Girl Scouts for over 12 years. Email girlscouts@excitegym.com to book a patch/sadge event for your troop. Girl Scout Programs offered are listed under "Extras" on excitegym.com



ZUMBA FITNESS **STRONG-ZUMBA**

Zumba & Strong by Zumba at EXCITE!
Tues & Thurs 6:15-7:15pm
Sat 11am-12pm
\$5 Drop-In / \$36 10-Class Punch Card
excitegym.com/zumba